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Winter 2015

diabetic LIVING®

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WHEN MY GLUCOSE LEVEL CAN GO ANOTHER MILE

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*Dexcom G5 Mobile User Guide, 2015 ** For a list of compatible devices, visit www.dexcom.com/compatibility

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Happy holidays!
(Now go lie down.)

Such a gorgeous season, isn't it? Twinkly luminarias, good cheer, baking cookies. How could you not love it?

Is it bad that all I usually want for my present is a very long nap?

It's so easy to get wrapped up in the idea that the holidays should be perfect. You buy (and buy and buy) the right gifts. Pull out all the stops with decorations. Sprinkle every moment with magical memories. Orchestrate that dumb Elf on the Shelf.

I think of Grandma Kate when I start getting wound up in that "gotta do everything right" guilt trip. When I was growing up, Grandma Kate's house was my sanctuary.

Did she bake cookies? Sew me a quilt? Pull clever grandmothering ideas from Pinterest?

Nah. I do remember her baking a pie once (she burnt it), but Grandma Kate was more the Swanson dinners type who blew cigarette smoke in my face when I disagreed with her.

What she gave me was her undivided attention.

We would lie foot-to-foot on the couch and read trashy romance novels. We played poker for nickels, and she let me cuss as much as I wanted. She took me to church on every holy day, showing me off to the five other ladies she'd pack into her Volaré like sardines on the way.

And when I was tired, she'd tell me to take a nap.

"You don't have to run, run, run," she'd tell me as I got older. "Everything can wait. Come to my house. I'll let you take a nice nap."

This season is even more action-packed than usual: I just took the helm of this magazine. Though I'm fresh to *Diabetic Living*, I've been a journalist, editor, and author for nearly 20 years. Nice to meet you.

I miss Grandma Kate this time of year. She and I would ditch family dinner and go back to her place for a little glass of Mogen David and gossip about everyone else.

Tell you what. I'll be your Grandma Kate this year. Pass along the best advice I know.

Give the people you love (including yourself) your attention and time. It's the best gift around, and you don't have to pay a nickel (which Grandma Kate would win off you in a card game anyway).

Then, when things get stressy, as they will: Take a nice nap.

And come say hi on Facebook. Let us know how you're doing on the nap thing. It really is a gorgeous season. Enjoy it.



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Best part of my job is readers. Pat Masters of California shared her test-strip bottles she turns into art, inspired by a *DL* story. Love it.

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meet our advisers

The following health, food, and fitness professionals review articles that appear in *Diabetic Living*® magazine.

ASK OUR EXPERT

Q: Do I need to worry about my skin during winter if I have diabetes?

A: Living in cold, windy, or dry climates during winter certainly can cause dry skin, but the most common cause for people with diabetes is continual high blood glucose, which fuels infections.

Here's why: High blood glucose levels cause loss of fluids—dehydration—which leads to dry skin. All that itching and scratching can result in sores and cracks where germs might enter and cause infection.

Here's an ounce of prevention:

- Use warm (not hot) water for baths or showers and take them less frequently.
- Choose a moisturizing, nonirritating soap and mild shampoo.
- Avoid bubble baths.
- Apply lotion after bathing, avoiding between your toes.
- Use a humidifier in winter.

If you continue to have dry skin, talk with your health care provider, who may refer you to a dermatologist.

HOPE WARSHAW, M.M.SC., RD, CDE

Marjorie Cypress, Ph.D., CNP, CDE, is a diabetes nurse practitioner in the department of endocrinology at ABQ Health Partners in Albuquerque. She is the president for Health Care and Education for the American Diabetes Association.

Joanne Gallivan, M.S., RD, is executive director of the National Diabetes Education Program at the National Institutes of Health. She is a member of the Academy of Nutrition and Dietetics DCE practice group.

Sharonne Hayes, M.D., FACC, FAHA, is a cardiologist and founder of the Women's Heart Clinic at Mayo Clinic in Rochester, Minnesota. She maintains an active medical practice focusing on preventive cardiology and heart disease in women.

Marty Irons, R.Ph., CDE, practices at a community pharmacy and also served in industry and the military. He presents at diabetes education classes and is an author.

Irene B. Lewis-McCormick, M.S., CSCS, is a fitness presenter and is certified by leading fitness organizations. She is an author, educator, and faculty member of the American Council on Exercise.

Chef Art Smith, star of Bravo's *Top Chef Masters* and former personal chef for Oprah Winfrey, has type 2 diabetes. He's the winner of two James Beard Awards and founder of Common Threads, which teaches healthful cooking to low-income kids.

Hope S. Warshaw, M.M.SC., RD, CDE, is a writer specializing in diabetes care. She has authored several American Diabetes Association books and is the 2015 president-elect of the American Association of Diabetes Educators.

John Zrebiec, M.S.W., CDE, is director of Behavioral Health Services at the Joslin Diabetes Center in Boston and a lecturer in the department of psychiatry at Harvard Medical School.



Congratulations

We're proud of advisory board member **Hope Warshaw**! Our contributing editor—who's been helping shape *Diabetic Living* since we started in 2004—was elected president of the American Association of Diabetes Educators (AADE). We now share Hope's expertise with nurses, dietitians, pharmacists, and other practitioners involved daily in the treatment of diabetes patients.
Congratulations to Hope!

diabetic LIVING®

WINTER 2015

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On Nutrisystem you add in fresh grocery items.

* American Diabetes Association: Standards of Medical Care in Diabetes – 2012 (Position Statement). Diabetes Care 35 (suppl.1): S11-S63.

TAKE CHARGE!

BY Martha Miller Johnson and Hope Warshaw, M.M.Sc., RD, CDE



METFORMIN ON DOUBLE DUTY?

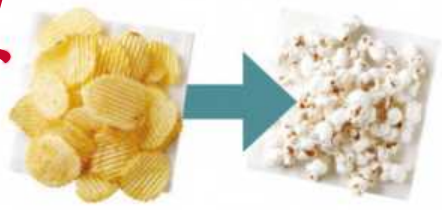
The daily pill most people with type 2 take might do more than lower blood glucose. A University of Michigan-Ann Arbor study found that people who took the highest amounts of metformin during a 10-year study had a **25% REDUCED RISK OF GLAUCOMA** compared with people who did not take it, according to *JAMA Ophthalmology*.



Skip the Cotton for Cool Comfort It might be time to trade that sweat-absorbing cotton T-shirt for one made of a polyester blend. A study in *The Journal of Strength and Conditioning Research* found that poly-blend shirts wick away moisture and can help regulate body temperature, resulting in better exercise performance. Don't worry—you should definitely still wear that awesome Sturgis T-shirt. Just not to the gym.

holiday SNACK SWAPS

'Tis the season of the smorgasbord, friends! Let's stare down temptation together with healthier party-food alternatives. Try our ideas in this section and send your savvy swaps, too! We'll post our favorites on the *Diabetic Living* page on Facebook!



Crave This? 1 oz. regular potato chips

Save 121 Cal. 1 cup air-popped popcorn



Crave This? 1 cup hot cocoa with whipped cream

Save 88 Cal. 1 cup peppermint tea

Continued on page 14

photos: GETTY IMAGES (woman), JASON DONNELLY (snack swaps)

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†Compared to high-glycemic carbohydrates.
Use under medical supervision as part of a diabetes management plan.
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 Continued from page 12



CRANBERRY JUICE LOVE

You've probably heard of the magic of cranberry juice and how studies show it helps urinary tract infections. Research by the American Heart Association also found that the tangy juice might help control blood pressure. Choose from these cranberry juice options:

Regular 100 percent juice (no sugar added)—110 cal., 28 g carb. per 1 cup

Light cranberry juice—50 cal., 11 g carb. per 1 cup

Diet cranberry juice—5 cal., 2 g carb. per 1 cup

Want more **HEART-SMART TIPS & RECIPES?** Look for ***Heart Smart Recipes*** on newsstands January 26!



Crave This? 2×2-inch brownie

Save 35 Cal. 2×2-inch zucchini bread with 2 tsp. frosting



Crave This? ¼ cup candy- or chocolate-coated pretzels

Save 16 Cal. ¼ cup spiced mixed nuts



Crave This? 5 little smokies with 2 Tbsp. barbecue sauce

Save 154 Cal. 1 chicken sausage link with 1 Tbsp. low-sugar marmalade

photos: JASON DONNELLY

80%

OF MEN RECALLED THE MAKE AND MODEL OF THEIR FIRST SET OF WHEELS

but only

54%

OF MEN COULD REMEMBER THE LAST TIME THEY HAD A MEDICAL CHECKUP

NEW FDA ALERTS

If you have a history of cardiovascular problems, you may need to find sources of pain relief other than nonsteroidal anti-inflammatory drugs (NSAIDs), such as Aleve, Advil, and Motrin (generic: ibuprofen or naproxen). The U.S. Food and Drug Administration (FDA) cautions that individuals who have a history of heart disease, blood clots, or diabetes may be at greater risk of heart attack or stroke when taking these common medications. Ask your doctor if you should try an alternative that is safer for long-term use, such as acetaminophen.

If you have diabetes and take an SGLT2 inhibitor (a type of glucose-lowering medication), there's a minor chance you may be susceptible to a rare form of diabetic ketoacidosis, a diabetes emergency that may be triggered by illness, dehydration, reduced insulin dose, and/or excess alcohol. The FDA has approved three drugs in this category for use only for people with type 2 diabetes: Invokana (canagliflozin), Farxiga (dapagliflozin), and Jardiance (empagliflozin). Three SGLT2 inhibitors have been FDA-approved in combination with other glucose-lowering medications: Invokamet (canagliflozin plus metformin), Xigduo XR (dapagliflozin plus metformin), and Glyxambi (empagliflozin plus linagliptin). The FDA issued a safety alert about this previously unidentified rare potential emergency with SGLT2 inhibitors. If you take one of these medications, ask your doctor what precautions to take and symptoms to be aware of to prevent this rare situation.

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(Must be entered to receive your promotional items while supplies last.)

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USM 2015-00131 Rev 08/15

WORLD DIABETES DAY!

World Diabetes Day is Saturday, ***November 14***. It was started in 1991 by the International Diabetes Federation to raise awareness and advocacy. What are a few of our fave diabetes bloggers doing to mark the occasion?



KELLY KUNIK
diabetesaliciousness.blogspot.com, @diabetesalish

"The past couple of World Diabetes Days I've gone to dinner with close and supportive friends with working pancreases who know that it's World Diabetes Day and why it's so close to my heart. And of course no matter where I am or who I'm with, ***I'LL BE DECKED OUT IN BLUE*** and wearing my blue circle pin with pride."

"I like to celebrate World Diabetes Day because I feel it helps unite people affected by diabetes all over the world. It's an opportunity to show people who are living with diabetes and may feel isolated and alone that there's a community of millions that supports them. We have two free Divabetic podcasts scheduled to coincide with World Diabetes Day—Diabetes Late Nite and our Don't Let Diabetes Kill Romance series. Both podcasts will be available on demand at iTunes, *blogtalkradio.com*, and *divabetic.org*."



MAX SZADEK
divabetic.org, @mrdivabetic



SCOTT JOHNSON,
scottsdiabetes.com, @ScottKJohnson

"FOR THE PAST FEW YEARS, THE DSMA (DIABETES SOCIAL MEDIA ADVOCACY) HAS DONE A 24-HOUR TWITTER CHAT (#DSMA), AND I TAKE AN HOUR-LONG SHIFT. . . . IT'S NICE TO MEET AND CONNECT WITH PEOPLE WITH DIABETES FROM AROUND THE WORLD. YOU CAN, TOO! JUST HOP ON TWITTER AND SEARCH FOR #DSMA."



KERRI SPARLING
sixuntilme.com, @sixuntilme

"I'll spend the day grateful that diabetes is the focus of the nation—while simultaneously frustrated by the lack of education, access, and resources for the diabetes population. I'm determined to see that this November 14th will highlight hope instead of sensationalist headlines that focus on fear."

DO YOUR HANDS

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Representative photos: Before and after hand images from one week usage period. Cream was applied before bed and three times daily. Results may vary.

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November 21	**Phoenix, Arizona** • Phoenix Convention Center
February 20	**Anchorage, Alaska** • William A. Eagan Civic & Convention Center
March 5	**Sacramento, California** • Sacramento Convention Center
April 16	**Memphis, Tennessee** • Memphis Cook Convention Center
April 30	**Honolulu, Hawaii** • Hawaii Convention Center
May 21	**Washington, DC** • Walter E. Washington Convention Center
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photo: RAY KACHATORIAN



Help! IT'S THE HOLIDAYS

This time of year is full of family gatherings, sweet festivities, and longtime traditions—plus the crazy chaos of preparing for it all. Maybe you're also missing lost loved ones or making peace between siblings—the stuff of life that goes hand in hand with the holidays.

So how do you manage the highs and lows of the season *and* your glucose levels? In this magazine, we write a lot about taking control—of your diabetes, of your fitness, of your food choices and habits. You can't control everything, of course. But you can pay attention to yourself and your body, limiting situations that make you feel helpless or unhealthy.

We've found a few ideas to keep in mind this season. For keeping stress under wraps (which will help you control your blood sugar), keeping weight gain in check (even with all the holiday parties), and working ahead so the big gathering isn't also a big ball of anxiety.

Start by slowing down for a minute. Take a deep breath, pull up a chair, relax, and read on.

BY Lauren Grant | ADDITIONAL REPORTING BY Bailey McGrath
PHOTOS BY Jason Donnelly | FOOD STYLING BY Dianna Nolin

Stress

Long-term stress levels increase blood glucose levels—so taming the seasonal stress monster is essential for managing diabetes.

Some tips to help:

• **Play It Steady.** "Do your best to stick with your exercise, medication, and food schedule," says Susan Weiner, RDN, CDE, coauthor of *Diabetes: 365 Tips for Living Well* (Demos Health, 2015). "For most people, this is a wonderful time of year. But the holidays can mean additional pressures when you have diabetes." Whatever you do to relax and decompress, keep it up.

• **Designate Elves.** "Don't overload yourself with work—delegate tasks and chores," says Eliot LeBow, CLSW, CDE, who specializes in diabetes-focused psychotherapy and has type 1 diabetes.

You don't have to—and you shouldn't—do everything yourself, Weiner says. "If you need help in the kitchen, recruit one of your guests, friends, or a family member to join you. Ask someone to set the table and another to clean up." Consider hosting a potluck instead of cooking an entire meal alone.

• **Go Solo.** If you can afford it, consider staying at a hotel while visiting family if you think you'll need a break. Though family members might try to persuade you to stay with them, ask yourself if this is in their best interest or yours. "Sleeping in a nice hotel bed can be nicer than a pullout couch in the middle of a living room," LeBow says.

• **Treat Yourself.** "Don't forget to treat yourself gently," LeBow says. Play music or book a massage. Get enough sleep each night—it wards off irritability and mood swings.

If it helps, grab your journal and take note of the highs and lows, as well as what you're thankful for.

• **Keep the Peace.** Meditation and breath work may relax you. Try closing your eyes and counting 100 breaths or just sit quietly and repeat a mantra that calms you. Guided meditation apps such as Headspace, Breathe2Relax, and The Mindfulness App (on iPhone or Android) also do the trick.

If there's a family squabble, remember: Most people don't deliberately try to upset others. If the relatives are good listeners, tell them you're upset with an "I feel ____ when you ____" statement. In the end, you may have to limit contact with some individuals. Cultivating relationships that are positive is mutually rewarding.

"It's always your choice to let someone upset you or to let it go," LeBow says.

• **Exercise.** Exercise reduces stress and helps to control glucose levels, Weiner says, so keep moving this season. Try home exercise videos or walking. Or start a holiday tradition that gets everyone moving. "Suggest a game of touch football or sign up for a turkey trot on Thanksgiving morning," Weiner says.

At minimum, stretch often. It helps keep you mindful of your body and your feelings.

AVOID THE HOT ZONE

Diabetes educator Eliot LeBow warns holiday revelers of the "Hot Zone"–a family gathering, a company party, or any event that involves food and drink.

"Devise a plan for your situation," LeBow says. Maybe you eat what others are eating, but in small quantities, Maybe you grab a healthy snack prior to stay satisfied through hors d'oeuvre hour—think low-fat yogurt or cheese, half a whole grain granola bar, or a handful of nuts.

The social pressure to eat at parties can be huge. "It's natural to want to fit in and have a piece of Aunt Ethel's pecan pie like everyone else," LeBow says. "We are all human. We all make mistakes and struggle with managing diabetes."

If things don't go according to your Hot Zone plan, don't feel guilty; just take action to correct. If you ate a piece of cake unexpectedly, for example, increase your insulin to cover the excess carbohydrate or adjust carbohydrate intake at a later meal. Then give yourself a pat on the back for managing an unexpected situation.

"Regardless of what type of diabetes you have, tomorrow you can start again. So get back on the wagon and do your best, because you can't change the past, but you can work toward a better future," LeBow says.

Keep Weight in Check

Try these tips to avoid the postseason diet frenzy:

• **Keep Track.** Susan Weiner suggests tracking food with a logbook or smartphone app and sticking to your blood glucose monitoring and diabetes care regimen no matter how stressful the holidays get.

To keep carbs and calories in check, she says, beware the BLTs—bites, licks, and tastes of all those sweet treats out there. "If you have diabetes, that's going to affect your blood glucose level and therefore how you're feeling."

• **Practice Moderation.** Allow yourself one treat a day during the holidays, but count it toward your daily calories and carbohydrates. You may have to adjust your remaining caloric intake or exercise routine to burn it off.

Plate size can help you check portions.

"When you use small plates or small bowls, you're just setting up your environment to be more mindful about amounts," says Elaine Magee, M.P.H., RD, author of *Tell Me What to Eat If I Have Diabetes* (New Page Books, 2014). We recommend a 9-inch plate.

The sheer abundance of food at parties can make it easy for carb consuming to get out of control. Don't finish food you don't like and eat slowly. "There's a temptation to pop a whole appetizer in your mouth because that's how they're constructed," Magee says. "Take a few bites to extend the enjoyment."

Alcohol may seem like a stress reliever, but it can pack a lot of calories and lower blood glucose levels, Weiner says. Pace yourself with a glass of water or sparkling water between alcoholic drinks.

• **Manage Food Police.** Harassed by others who want to monitor your food choices? Weiner recommends: "Thank you for your concern. I have it under control."

Dealing with food pushers? Weiner suggests: "I appreciate it, but I can't have that right now." Or ask for a to-go box.

If you're the host, challenge yourself to make the healthy snack options more appealing than the junk food. If you're a guest, bring a healthy option to share.

TIME-SAVERS TO SWEAR BY

Less time prepping means more time for a peaceful walk or a relaxed coffee chat with a visiting relative. Here are a few time-savers from the Better Homes and Gardens® Test Kitchen:

Cooking

• Fill your pantry with healthful essentials so you aren't running to the store at the last minute. Stock up on low-sodium canned beans, tomatoes, and broth; herbs and spices; quick-cooking whole grains, nuts, and legumes; and condiments.
• Make appetizers, entrées, and desserts in advance and keep them in the freezer until needed.
• Devise a game plan and prep ingredients early.
• Double or triple recipes. *Voilá*—weekday meals!
• Utilize frozen vegetables and nutritious canned foods such as beans.

Baking

• Stock up on parchment paper and cooking spray.
• Instead of frosting, place a doily on baked goods and sprinkle with powdered sugar or cocoa powder.
• Whip up cookie, pie, and tart doughs ahead of time and keep in the freezer until you need it.

Shopping

• Research beforehand. Utilize the Internet to comparison shop—even better, see if any local grocery stores deliver.
• Find a good deal? Buy in bulk and give the same gift to a number of people.
• Get to the stores early. The later in the day you go, the busier stores will be. Go right when it opens and you'll practically have the place to yourself.
• Opt for the free gift-wrapping to save time. And be sure to label recipients so you don't forget.

TWEAKING TRADITIONS

It's not fair to have to give up your holiday favorites. Our resident chef in the Better Homes and Gardens® Test Kitchen, Carla Christian, shares her favorite healthy updates for treasured family traditions.



Replace sour cream dip served with potato chips with **Greek yogurt dip and cut veggies.**





Replace mashed potatoes with **mashed cauliflower.**





Replace canned cranberry sauce with **fresh cranberries minced with chopped oranges.** Zesty and super fresh!





Replace eggnog with a glass of **warm apple cider.**





Replace marshmallow-topped sweet potato casserole with cooked and **mashed butternut squash** served with orange slices.



Dear Sam,

I thought we were in this together, but apparently I was wrong.

You've been ignoring me for a while. We don't go for walks as often as we used to. You barely eat anything green anymore. And you don't realize the daily pressure you put me under. It's just too much.

I QUIT!

Sincerely,

Your Heart

Don't let your heart quit on you. If you are living with high blood pressure, just knowing and doing the minimum isn't enough.

Uncontrolled high blood pressure could lead to stroke, heart attack or death. Get yours to a healthy range before it's too late.

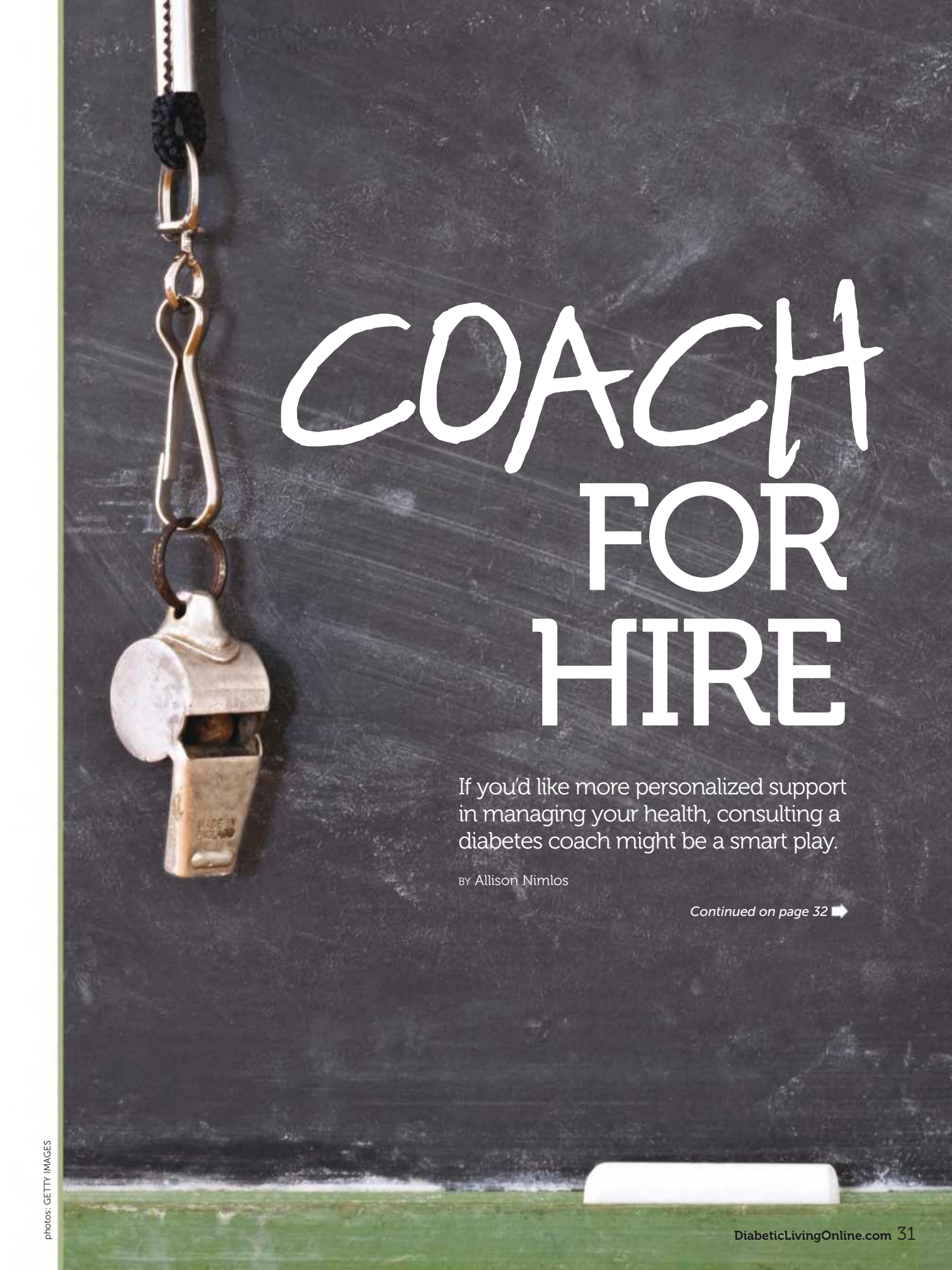
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American Heart Association | American Stroke Association.

Check. Change. *Control.*™



COACH FOR HIRE

If you'd like more personalized support in managing your health, consulting a diabetes coach might be a smart play.

BY Allison Nimlos

Continued on page 32

photos: GETTY IMAGES

Continued from page 31

If a child needs a village, then a person with diabetes needs a pit crew. Endocrinologists, general practitioners, ophthalmologists, podiatrists, diabetes educators, dietitians—there are a lot of people giving directions about how you should manage your diabetes.

Sometimes all that information—and all those personalities—can be overwhelming. But there's another player who might be able to decipher all the plays for you: a diabetes coach.

Coaching 101

Coaching is a growing industry, with specializations in fields as far ranging as jobs and romance. A health coach will focus on overall wellness, helping clients overcome obstacles with diet and exercise.

A diabetes coach specializes in diabetes management—assisting with practical life issues such as nutrition, exercise, handling social situations, and the stress of diabetes care. Sometimes even providing a shoulder to cry on.

Many have diabetes themselves. Marianne Tetlow, 44, has lived with type 1 for almost 30 years. She's spent much of that time providing peer mentorship in Scottsdale, Arizona, through her practice, The Diabetes Coach, launched four years ago.

"After talking with the mother of a type 1 child, I realized that there was a missing link in the team approach," Tetlow says. "People want someone who has lived with diabetes to help explain it." She works with 15–20 clients at a time, helping with daily tasks like meal planning or tougher situations like teens dealing with bullies or parties.

"Diabetes is easier said than done," she says. As a coach, "I know what you're going through, whether it's making health changes or keeping up your momentum."

Many diabetes coaches work via Internet or phone, making it easier to be available anytime, day or night. Tetlow regularly fields calls at 3 a.m., sometimes from a parent dealing with a scary middle-of-the-night low or a college student with questions on mixing alcohol and diabetes.

Tetlow makes it clear to her clients that she is not a diabetes educator and she doesn't adjust medications. But she can help integrate diabetes-management tasks into everyday life. When that's not enough, she refers clients to medical professionals.

Education into Action

Diabetes coaches are not meant to replace a diabetes educator. They pick up where an educator leaves off, helping clients turn new information into realistic steps forward.

For example, you may learn from a diabetes educator that you need to lose weight through better nutrition. A diabetes coach can help with grocery shopping and preparing quick meals. An endocrinologist may say you need to go on insulin; a diabetes coach can help you work through your fears.

"I look at myself as a missing component," says Tetlow, who received life coach training at the Southwest Institute of Health Arts in Arizona. "As people with diabetes, we know the emotional weight and burden. We understand the fear and feelings of inadequacy."



"We understand the fear and feelings of inadequacy."
—diabetes coach Marianne Tetlow

Jay Murillo, 66, started working with Tetlow three years ago when he needed help managing unpredictable blood sugars. He'd recently gone on insulin but couldn't keep his numbers from swinging wildly.

Tetlow's personalized attention was the guidance he needed. With hospital-run diabetes education classes, "you end up being tossed into a big group," Jay says. "Marianne taught me as an individual. What works for me may not work for you."

Jay says he learned to pay more attention to his personal responses to foods and stress and how day-to-day factors play roles in his blood sugars. Tetlow encouraged Jay to keep a food journal.

Since working with a diabetes coach, Jay's A1C has dropped from 9.7 percent to 7.1 percent. It's not surprising that he's thrilled with the results.

"Many people call me with their heads swimming after leaving their care team," says Leann Harris, 41, a diabetes coach in Richmond, Virginia, who has lived with type 1 diabetes for 15 years. Harris received coaching training and a certificate in positive psychology from an online training program based in Portland, Oregon.

"It's not a lack of education. But the education can sometimes seem like it's coming at you through a fire hose. I remember feeling that myself," Harris says.

Emotional support plays a big role in the diabetes coach job. It's not uncommon for people trying to manage diabetes to feel guilt, stress, frustration, and anger. Although coaches aren't therapists, they can help clients feel more confident in managing their diabetes by creating a game plan and giving lots of positive reassurance when things don't go as expected.

"I can't tell you how important it is for us to be compassionate," Harris says. "So few of us feel that we have someone we can truly open up to."

Finding a Coach

Search your area via Internet for a diabetes coach or ask your health team for recommendations. Generally, coaching doesn't require a license, credentials, or certification, though many top-notch coaches choose to be trained through accreditation programs such as the International Coach Federation (you can search for a coach on **coachfederation.org**). Similarly, there are no certifications specifically for diabetes coaches, but many receive certifications in health or nutrition. The online Institute of Integrative Nutrition is popular among health coaches.

For additional vetting, some coaches offer complimentary calls so you can decide if you're a good fit. During a preliminary interview, you should be able to get a good feel for how this relationship will work. A good coach helps and challenges without belittling. Tetlow and Harris stress that it's mostly your gut feeling that indicates if a coach is a good match.

"How you feel during and after your session with a coach will really make a difference in how much you get out of the sessions," Harris says.

Diabetes coaches aren't medical professionals. But the personalized experience they offer is a primary reason many people hire them. "A fair number of people call me just to talk to someone who understands and listens without judgment," Harris says.

And that's a perspective people with diabetes so rarely hear but so greatly need.



FACTORS TO CONSIDER:

- Coaching or other training from an accredited program.
- Personal fit. Do you connect?
- Price and payment options.
- Flexible hours, including nights and weekends.


115
1:30
mg/dL
ONETOUCH Verio
11:30
97
mg/dL
ONETOUCH Verio

Testing your blood sugar both before and after a meal can provide valuable insight to achieve better diabetes control.

BY Jill Weisenberger, RDN, CDE, FAND
PHOTOS BY Jason Donnelly

DOUBLE CHECK

If your blood glucose meter flashes a high number—say 245—a couple hours after lunch, can you blame it on your food?

Not necessarily.

To learn a meal's effect on your blood sugar, measure blood glucose before eating and again about two hours after your first bite. Pairing these readings gives you critical clues when exploring the reasons your blood sugar is out of target range, experts say.

Though something's indeed awry, a postmeal reading of 245 mg/dl means something very different if you started lunch with a blood glucose level of 130 mg/dl versus a prelunch reading of 225 mg/dl.

"If your blood glucose rose only 20 points from 225 to 245, lunch isn't to blame for the elevated number. Something else is the problem," says Constance Brown-Riggs, M.S.Ed., RD, CDE, CDN, author of *The African American Guide to Living Well with Diabetes* (Career Press, 2010).

On the other hand, she says, if your blood glucose jumped more than 50 points in the two hours since that first bite, what or how much you ate may need to change.

When you self-monitor blood glucose (SMBG), you can take more or fewer measurements. Though it may seem like a pain—or wasteful to use two lancets, two strips, and two drops of blood—these paired blood glucose checks help you gather useful clues that could bring better health for years to come.

BLOOD GLUCOSE MONITORING PUTS YOU IN CONTROL

There are lots of reasons to self-monitor blood glucose (SMBG). You will:

- Identify blood glucose levels above or below your target ranges
- Monitor the effectiveness of your medications
- Learn how diet, exercise, illness, and other factors affect your blood glucose levels

Bottom line: SMBG helps you understand your diabetes and make changes when you need them.

Without SMBG, any change you make is just a guess.

Pairing your blood glucose checks around meals and exercise is a powerful way to use SMBG.

PAIRED MEASUREMENTS AND EXERCISE

Testing blood glucose before and after exercise is both a motivator and a safety measure, explains Gary Scheiner, CDE, clinical director of Integrated Diabetes Services LLC and author of *Think Like a Pancreas* (Da Capo Lifelong Books, 2012).

Comparing your post-exercise blood glucose level with your pre-exercise level can really show the value of making time for exercise. But if you're taking certain medications that make you susceptible to hypoglycemia (low blood sugar), checking blood glucose before exercise is a necessity.

"If blood glucose is below a safe zone, you'll need extra carbs before you start exercising," he says.

Follow your workout with a post-exercise check to see if the extra carbohydrate did the trick—or if you need more or less.

"The amount required depends on many factors, such as your body size, the nature of the workout, and the type of medical therapy," Scheiner says. "It's best to work with a diabetes educator to iron out the details."

Rhonda Comer of Bristol, Virginia, uses paired measurements through the digital diabetes management program Livongo under the guidance of registered dietitian nutritionist Toby Smithson, RDN, CDE, Livongo's diabetes lifestyle expert. Comer, 48, who's had type 2 diabetes for eight years, identified her "danger meals" with SMBG—pizza, pasta, and Mexican food really jack up her blood sugar.

"Now if I'm having a danger meal, I cut my portions and eliminate the extras," she says.

For example, when Rhonda eats pasta, she spreads a scant cup of the pasta over the plate and adds plenty of nonstarchy veggies either to the sauce or as a generous side dish. This tweak—which she learned was necessary through paired measurements—gives her the illusion of more food and keeps her blood glucose in range.

These days, Rhonda proudly reports that her A1C (average blood glucose over two to three months) recently dropped from 12.1 percent to 8.1 percent. She credits the extra monitoring as an important part of her success.

Making paired measurements work for you

Here's how it worked for Rhonda: She measured her blood glucose levels before eating breakfast and two hours after the start of breakfast for a full week. Eventually she did the same for lunch, then she moved on to dinner.

If you don't have enough test strips to cover two measurements each day, you can gather the same valuable information by measuring every other day for two weeks.

The next step is to put on your detective cap to find the meaning in all the numbers you've collected. It may be easier than you think. Trimming your carbohydrate intake when you sit down to the problem meal may be all it takes to improve those postmeal readings.

"I use paired glucose monitoring all day, every day," says Smithson, who has type 1 diabetes.

If you're thinking it's too much of a hassle to test more often, compare it to the consequences of dealing with highs and lows in your blood sugar levels, Smithson says.

"I truly believe it's a reason for my success in managing my diabetes for more than 46 years," she says.

Need help making sense of all those blood glucose numbers? Make an appointment with your health care provider or a certified diabetes educator and see a registered dietitian if you have questions about the appropriate dietary changes.

BLOOD GLUCOSE GOALS FOR DIABETES MANAGEMENT

Your health care provider will help you establish target blood glucose goals based on your age, health status, and a few other factors. Use these American Diabetes Association (ADA) general guidelines for adults as a starting point.

Fasting and before meals	**80–130 mg/dl**
1–2 hours after eating	**<180 mg/dl**

SAMPLE BLOOD GLUCOSE LOG

Jane, type 2 diabetes (Jane's target blood glucose ranges follow the ADA general guidelines, *opposite*, for adults with diabetes.)

DAY	BG BEFORE MEAL (mg/dl)	BG 2 HOURS AFTER MEAL (mg/dl)	DIFFERENCE	MY BREAKFAST
1	108	201	93	2 pancakes, 2 Tbsp. syrup, 4 oz. orange juice, black coffee **75 g carb**
2	113	190	77	2 pancakes, 2 Tbsp. syrup, black coffee **60 g carb**
3	116	186	70	Steak, egg, and cheese on a bagel, black coffee **58 g carb**
4	111	158	47	½ cup low-fat cottage cheese, ¾ cup blueberries, 1 Tbsp. almonds, 2 Tbsp. granola, 4 oz. orange juice, black coffee **42 g carb**
5	103	141	38	½ cup low-fat cottage cheese, ¾ cup blueberries, 1 Tbsp. almonds, 2 Tbsp. granola, black coffee **27 g carb**
6	101	141	40	1 hard-boiled egg, 1 slice whole wheat toast, 1 Tbsp. peanut butter, small apple, black coffee **34 g carb**
7	118	168	50	1 hard-boiled egg, 2 slices whole wheat toast, 1 Tbsp. peanut butter, 1 cup skim milk, black coffee **46 g carb**

By reviewing her log, Jane saw that her before-breakfast blood glucose level was always at goal. After eating about 60–75 g of carb, her two-hour post-breakfast blood glucose level rose above her target of 180 mg/dl. But look how eating 30–45 g carb for breakfast kept her post-meal blood glucose within range. Her SMBG tells her to aim for 45 or fewer g carb in that meal.



THYSELF

Quit all the self-criticism and become your own biggest supporter. Pick up some positive tips from experts.

BY Allison Nimlos
ILLUSTRATIONS BY Rafael Mayani

Living with diabetes, you make dozens of extra decisions every day. And sometimes the outcomes don't go as planned.

Guilt, shame, and anxiety can feel like second nature, but those emotions don't do us any good. In fact, there's new evidence that self-criticism isn't just counterproductive. It can be harmful to your health.

Anna Friis, a health psychologist at the University of Auckland in New Zealand, says self-criticism can hinder your ability to manage diabetes. Her study in the journal *Diabetic Medicine* shows that people with higher levels of self-compassion are more likely to be healthier even when they struggle with their diabetes.

In other words, it's better for both mind and body to think "I did my best" rather than "I blew it again."

It seems like a no-brainer. But think of all the chances you have every day to judge yourself harshly.

I'm not testing enough.

I'm too low.

I'm too high.

I'm not exercising enough.

I'm not eating well enough.

"Diabetes requires 24/7 attention. Patients have many opportunities to evaluate themselves in a negative way," Friis says. In her work as a psychologist, she's observed that these self-criticisms can be paralyzing—some of her patients have even started avoiding necessary management practices, such as blood glucose testing or doctor's appointments, because those added fuel to the fire of negative criticism, creating even more anxiety and stress.

"They're afraid of how badly they'd feel about themselves if their sugar levels weren't good enough or if the nurse or doctor felt their overall management wasn't good enough," she says.

We're not talking depression here; depression is a clinical diagnosis in which you have an overall negative mood that affects your entire life. This is about distress—being upset specifically about diabetes. And it's easy to be tough on yourself if you feel that way.

Most of us are compassionate when someone else is suffering. We listen, offer reassurance. We're kind and helpful. We aren't angry, judgmental, or annoyed.

Self-compassion is practicing those same things on ourselves.

We could all probably use a little more self-compassion in our lives.

Roots of Self-Criticism

If self-compassion is so good for you, then why is it so tough to practice?

Kristen Neff, associate professor of educational psychology at the University of Texas at Austin, says there's a biological component to self-criticism. Our fight-or-flight response, normally triggered when we experience danger, can also switch on when we make mistakes. "Our natural tendency is to attack when we notice something we don't like. We attack ourselves to get rid of the problem."

This is counterproductive, because people who are self-critical often have lower self-worth and self-confidence, which means they're less likely to think they can be successful.

There's a pretty heavy weight to the stigma surrounding diabetes. Often we feel blamed for having it. We might also see ourselves as damaged or broken.

"People don't develop diabetes just because they love chocolate or eat too much pasta," says Janis Roszler, RD, LDN, CDE, FAND, a diabetes educator and author. "Diabetes is a complex disease that develops from numerous factors, including hereditary ones."

You are part of a community of

Continued on page 43

IT'S BETTER FOR BOTH MIND AND BODY TO TELL YOURSELF

I DID MY BEST



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Continued from page 39

"YOU ARE **PART OF A COMMUNITY** OF MILLIONS OF PEOPLE WHO ARE ALSO STRUGGLING WITH DIABETES."

millions of people who are also struggling with diabetes, and each member has issues—you are not weird or a failure because your blood sugars seem chaotic or your weight loss has stalled, Neff says.

"We have this irrational tendency to feel like our problems shouldn't be happening," she says. "We believe everyone else is living a normal life except us."

It might also seem selfish to have self-compassion, especially when you're busy with life's responsibilities. In fact, the experts say, it's the opposite.

"Self-compassion is not about doing what you want but rather what you need," Friis says.

Self-compassion helps you take care of yourself so you're in a better position to take care of others. It's like that in-flight announcement that reminds passengers to snap on their own oxygen mask before helping others—it's about survival.

Another factor that can trip us up is the nasty comments we hear from others. Criticisms from our health care providers and especially family and friends can cut deeply, leaving us questioning our abilities to manage diabetes. Roszler stresses the importance of putting yourself in the other person's shoes. Family and friends care about you—they just might not know how to express themselves helpfully and with kindness.

"Communication is circular," Roszler says. "How you respond to a comment affects what your conversation partner is likely to say next, and vice versa. Communicate your needs clearly so that loved ones will be less likely to assume what you want them to do."

Whether it's snide remarks from a coworker or hurried feedback from a stressed-out staffer at the clinic, we don't always get the support and compassion we need from others. Hearing questions like *Can you even eat that?* or *Well, what did you do wrong?* can make you defensive—they sound an awful lot like attacks on your abilities.

The best response isn't "None of your business!" but rather explaining why questions like that hurt so the people who care know how to support you better.

Learn how to be a better support for yourself so mean, off-handed comments (made by you or by others) don't drag you down.

Be a Friend—to Yourself

Think about what you said to yourself the last time you made a mistake.

Now think about repeating those words to someone you love.

See what we mean?

"If you were a coach trying to motivate, what's going to be more encouraging, saying *You're a loser* or saying *You can do it*?" Neff asks. "Encouragement, support, and kindness are more effective motivators to make changes than harsh criticism."

Try practicing self-care actions that nurture your physical and emotional health. Some examples:

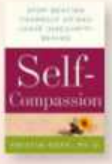
- **Eat wholesome, home-cooked meals instead of fast food.** Meals made with love and care are better for you on all levels.
- **Take a regular lunchtime walk.** Get up, stretch, refresh your perspective, and notice beauty in the world around you.
- **Keep a journal.** Sometimes just writing down a negative thought takes away its power.
- **Spend time with friends who truly support you.** Friends make life better because they rejuvenate you when you spend time together.
- **Cut out the stuff that makes you feel bad or lethargic,** such as surfing the Internet, eating junk food, and spending time with people who suck up all your energy and leave you feeling unhappy.
- **Meditate.** You can start by sitting comfortably in a quiet place—morning or evening is good—and paying attention to nothing but your own breaths for a few minutes. Try it for a week and see if you notice any changes.

ADDITIONAL READING

These motivational reads will help you stay mindful as you deal with diabetes and kick-start a life filled with self-compassion.



I Thought It Was Just Me (But It Isn't): Making the Journey from "What Will People Think?" to "I Am Enough" by Brené Brown (Gotham, 2007)



Self-Compassion: The Proven Power of Being Kind to Yourself by Kristin Neff (William Morrow Paperbacks, 2015)



How to Live Well with Chronic Pain and Illness: A Mindful Guide by Toni Bernhard (Wisdom Publications, 2015)

let FOOD be







Ten years after Hurricane Katrina, New Orleans feels like a hub of change. Tulane University's medical school is riding that wave, adding commonsense kitchen training to future doctors' course of study. This new spin on the old-fashioned idea that healthy food can heal might just lead to a revolution in the examination room.

BY Jennifer Wilson | PHOTOS BY Blaine Moats

thy medicine



"You are at the epicenter of the need for change," chef Leah Sarris tells the earnest faces crowding around a long dining table in the heart of New Orleans. "We've got one of the unhealthiest populations in the country."

It's 10 years after Hurricane Katrina razed this city, and like the Great Chicago Fire of 1871, so much devastation has meant rebuilding—and rethinking—most everything.

Destruction makes room for new life. You'll see it everywhere here: In the chaos of construction, in the expansion of tourist-friendly trolley tracks into vibrant neighborhoods beyond the French Quarter, in the new faces who relocated here after the flood, hungry to help with rebirth.

You do sense an urge for progress—including a shift that may transform your doctor visits. As new national health care laws limit the number of patients doctors see in a day (intended to give them more time to spend on each visit) and promote long-term wellness (rather than seeing patients only when there's a problem), Tulane University School of Medicine in New Orleans is responding by teaching future doctors that prescribing healthy food habits is just as important as prescribing medications.

Which brings us back to our group gathered around the table in Tulane's Goldring Center for Culinary Medicine. This is the nation's first teaching kitchen associated with a medical school, providing hands-on cooking lessons to the doctors of tomorrow.

Look inside and you'll see a vast white room with stainless-steel countertops, industrial burners, walk-in coolers—a fragrant hybrid of doctor's office and restaurant, where prescriptions are tasty recipes.

The facility opened in 2014, a concept developed by Tim Harlan, M.D., a practicing internist and Tulane professor (he's appeared as Dr. Gourmet on The Food Network).

Sarris is the first full-time chef employed by a medical school. She's calling out concepts across the table, the master cook giving pointers to the newbies for improving an old recipe.

Patient drinks too much soda? Sparkling water with a splash of juice.

Potato chip junkie? Switch to nuts a few nights a week—raw or roasted, nutrition is the same.

Ice cream addict? Cut up an overripe banana, slip into a baggie, and freeze. Blend with a little Hershey's unsweetened chocolate.

"Tastes just like soft-serve," Sarris promises. (Editor's note: We tried it—it really does.)







TULANE'S GOLDRING CENTER FOR CULINARY MEDICINE PROVIDES *hands-on cooking lessons* FOR THE PHYSICIANS OF TOMORROW.



"Food should look good and be easy to make. It should taste great but shouldn't be expensive," she says. "That's the exact opposite of what people think about nutrition."

Practical, flexible, and easy advice for patients. Welcome to the medical school of the future.

A Shift in Course Work

Meet 59-year-old Mr. T. He's African-American, lives alone, and works at a hotel. He has hypertension and diabetes, and, well, his diet's a mess. Waffles, syrup, sausage, and soda for breakfast. Doughnuts, punch, and popcorn for snacks. Meat loaf, mashed potatoes, and gravy for lunch. Bologna on white for dinner.

Or as one student describes it: "Sugar, sugar, sugar, sugar. He's working his pancreas to death."

Mr. T is a fictional patient, a profile on paper handed out to the students. But he looks a lot like the people these doctors will see every day.

Harlan points out how much Mr. T's most recent meals can tell them.

"Most physicians ask you a pretty standard set of histories now—social, family, medical. Ask about a diet. *What did you have for breakfast this morning? How about for dinner last night?*" he says. "I need the tools to tell you what to do when you say you're having an Egg McMuffin for breakfast and Subway for lunch."

The students' advice for Mr. T is practical and considerate. "Right off the bat, whole wheat instead of white," says Kristine Gu. "Maybe switch to a hummus sandwich?"

"Would he eat that?" Sarris asks.

"OK, PBJ," Kristine says. "We'll work up to better proteins."

Geoffrey Holman tackles the sugary drinks. "If he could just get off the soda and punch, I would let him ride on everything else for the time being."

Harlan warns against a drastic drop in blood sugars and suggests frequent office visits so Mr. T won't bottom out.

They talk about replacing the waffles and syrup with granola and yogurt but decide Mr. T won't stick with it.

"Alright, Mr. T, whole wheat waffles," says Christian Hurst. "Baby steps."

"With fruit sauce instead of syrup—eventually," suggests Geoffrey.

"At Wal-Mart they have Nature's Path brand—way better whole grains," adds Rachel Christian.

Vivian Fonseca, M.D., Tulane's chief endocrinologist, is in class today. He tells students to get every patient's diet specifics. "The average doctor sees a patient who's obese, hypertensive, has diabetes. That patient gets a food handout and is told to come back in three months. It's not working," he says.

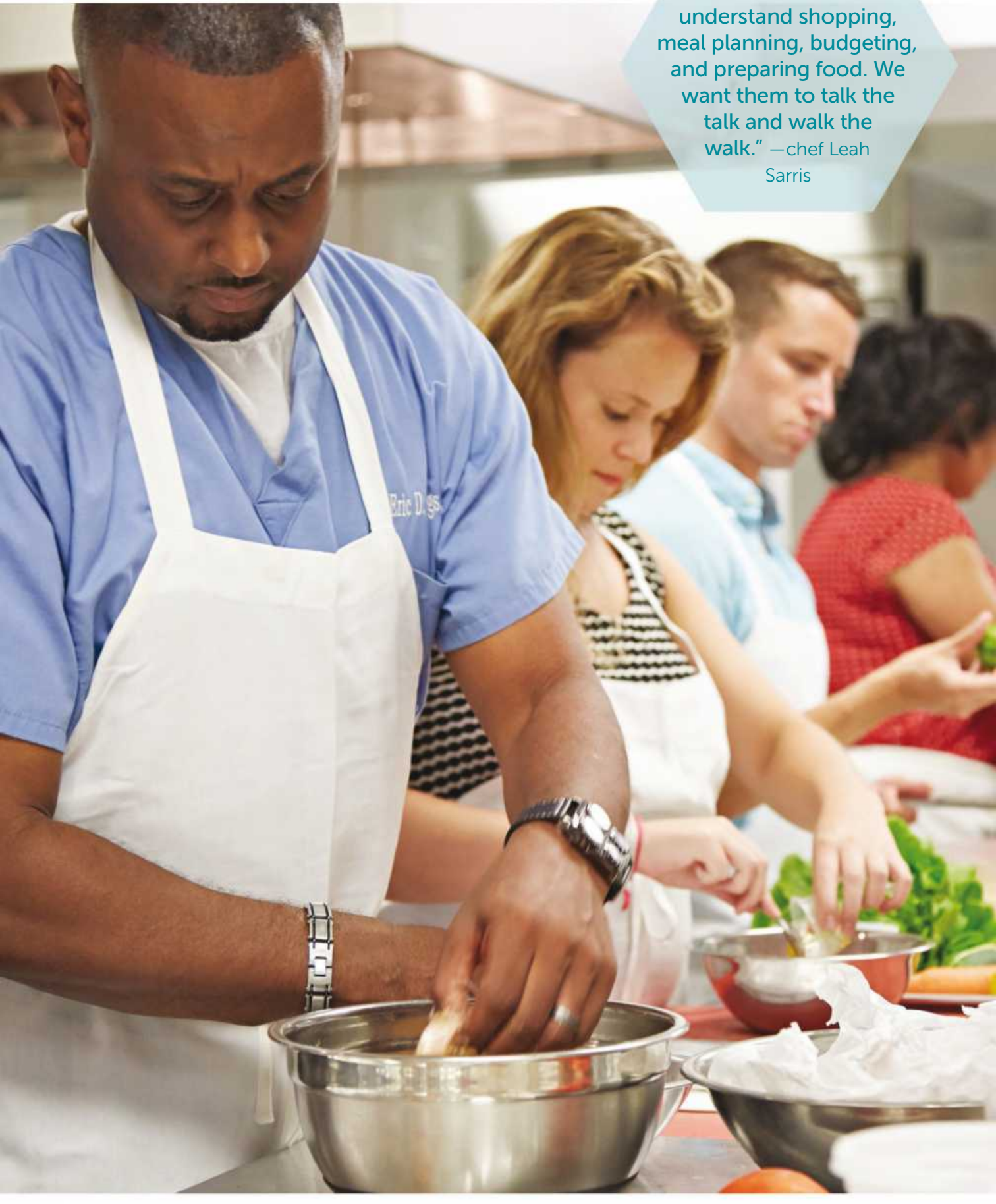
"We know from our studies that you can prevent type 2 diabetes. This is one method of translating this information to the public."

The students cut down Mr. T's meat loaf portion and add green veggies. The bologna sandwiches become whole wheat PBJs. They suggest he get off the bus a couple stops early twice a week for a longer walk home.

The instructors emphasize again and again: *Meet patients where they are. Suggest gradual and doable changes.*

Rachel says she's seen it working already. Her dad has type 2 and battles a voracious snack habit.

"He's very stubborn. He likes the way he eats," she says. When she studied the different types of snackers (sweet, salty, savory), the psychology of weaning off unhealthy ones by swapping in better-for-you substitutes clicked for her. Her salty-snack dad now keeps a small bowl of nuts handy.



"These students will understand shopping, meal planning, budgeting, and preparing food. We want them to talk the talk and walk the walk." —chef Leah Sarris



We gave chef Leah Sarris a short list of suggestions you may hear at the doctor's office. Here are her tasty "prescriptions" for change.

OLD TIP	NEW TIP
"You need more fiber in your diet."	"Switch to whole wheat bread for sandwiches and whole wheat pasta. Add other whole grains like oatmeal, brown rice, corn, and beans."
"You have to bring down your cholesterol."	"Use onions, celery, peppers, and less animal fat when you make recipes. Cook at home for most of your meals; take leftovers for lunch. Use olive oil rather than butter—or half olive oil, half butter to start. Eat less meat, and lean cuts when you do. Try to go meatless once a week. Get your protein from nuts, legumes, seeds, and seafood."
"Lower your sodium."	"Eat less processed meat and more fresh. Season with citrus or vinegar instead of salt. Portion out your daily salt—about 1 teaspoon—in a bowl so you can keep better track of how much you use."

He cracks them himself so he doesn't overeat. Her mom (a sweet snacker) replaced her candy stashes with raisins, grapes, and carrots. "It was a surprisingly easy switch," Rachel says.

Rising from a Flood

The Goldring Center is on the busy Broad Street corridor inside a building that once housed a neighborhood grocery—flooded during Katrina, abandoned until three years ago.

Now it's a community rallying point, dedicated to filling Broad Street with good places to play, walk, and eat together through forward-thinking programs like free neighborhood cooking classes, job training via a school lunch service, and community gardens bursting with eggplants, edible flowers, and hot peppers.

Whole Foods is the anchor business, the Goldring Center its beating heart. Right above the door, this quote from Hippocrates: *Let food be thy medicine and medicine be thy food*.

The tenants may be why this place feels like part of something bigger stirring in America—the urge to change how we eat and move. Because we must. The U.S. Centers for Disease Control says state and federal governments spend a thousand times more to treat disease than prevent it. The U.S. Department of Agriculture reports that healthier diets could prevent at least $71 billion per year in medical costs, lost productivity, and death. That's a modest estimate, too, accounting only for diet-related coronary heart disease, stroke, cancer, and diabetes.

"When you improve people's diets, you improve their health," says Harlan back in the kitchen. "When you improve their health, you lower health care costs."

But doctors aren't getting enough practical nutrition instruction. Though the National Academy of Sciences recommends medical schools teach 25 hours of nutrition, a 2010 survey found that only about 27 percent do. At Tulane, students graduate with 20–35 hours.

Considering a recent *Journal of the American Medical Association* study listed nutrition as the single biggest risk factor in early death and disease, change can't come soon enough.

"It's not just about nutrition or calories or weight loss—it's about food," Harlan says.

'We're Starting Now'

During the last part of class, chef Sarris distributes recipes. Students cook.

Today's lesson is healthy snacks for people with diabetes. Students can't keep their hands out of the bowl of Creole Roasted Chickpeas. The Chewy Banana-Nut-Oatmeal Cookies seem to have disappeared. Students swap seasoning ideas for the tortilla chips baked from corn tortillas that they're dipping in mango salsa.

"This is the future of medicine, because the Affordable Care Act is the future of medicine," Harlan says. "Physicians are going to be paid and reimbursed for making and keeping their patients healthy."

Nurse practitioners, pharmacists, physician assistants, registered dietitians, and institutional chefs (think hospital and school cafeterias) have also taken credits here.

Spreading the culinary-medicine message further, Tulane licenses this course work—it's now taught in 10 percent of American medical schools. The school is also crafting a curriculum for pediatricians. Some docs who have taken continuing education classes here have even built kitchens in their clinics back home.

Who knows how these students will change the examination room you visit now. But in a city rebuilding after great disaster, hope is in the air.

"We're finally understanding the impact poor eating habits have on our health," Sarris says.

"Any major change takes years, and to make it happen on a national level is not an overnight process. But we're doing it. And we're starting now."



Find all snack recipes mentioned in this story (like *this mango salsa*) in a tasty slideshow at *DiabeticLivingOnline.com/HealthySnacks*

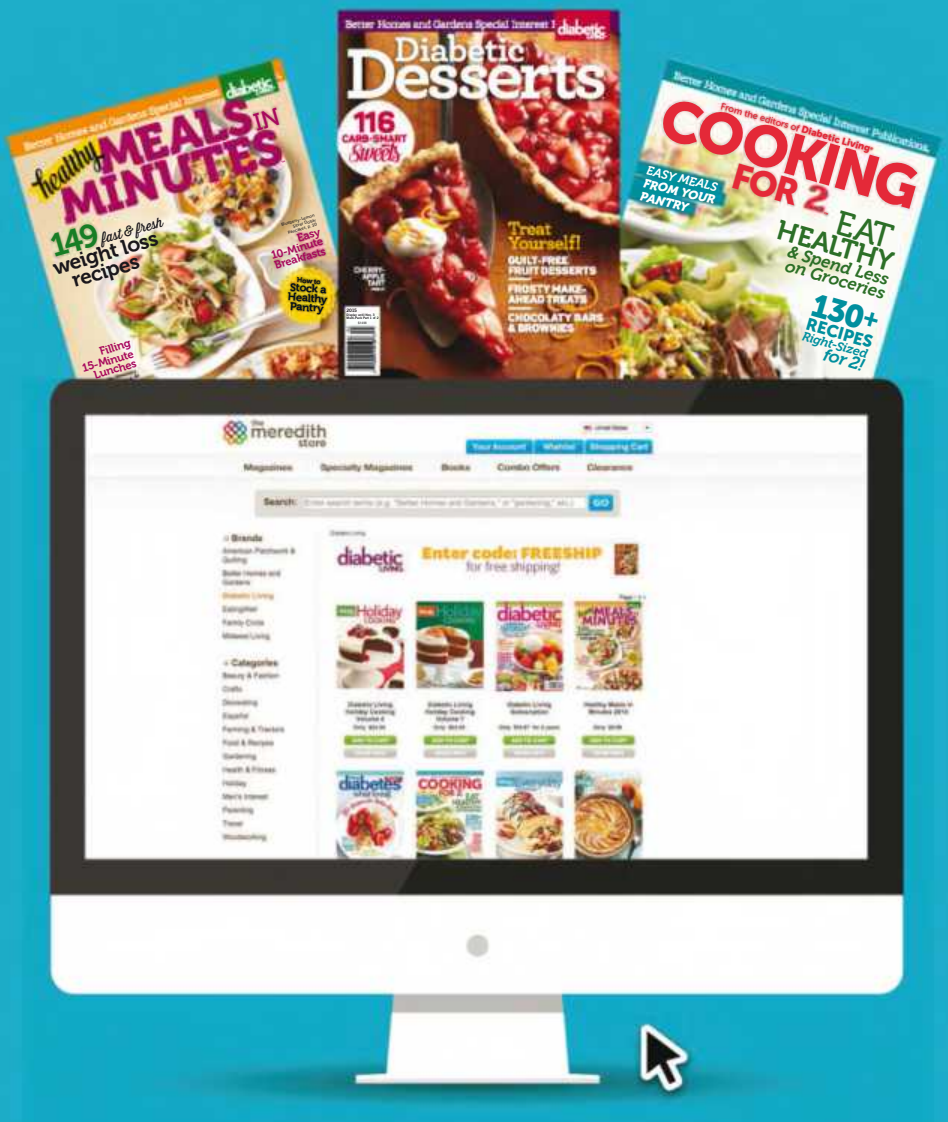






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photo: JASON DONNELLY; food styling: DIANNA NOLIN



Get Ahead

PLAN A 24-HOUR JUMP START ON YOUR BIG HOLIDAY MEAL BY MARINATING LEAN BEEF TENDERLOIN WHILE THE CUT-UP VEGGIES CHILL. THE NEXT DAY SIMPLY ROAST AND SERVE, THEN SAVOR THE APPLAUSE.

Mushroom and Thyme Roasted Beef Tenderloin
recipe on *page 110*



Make life easier this holiday season with these diabetes-friendly recipes. Each uses advance prep so you can relax more with family and friends.

make-ahead holidays

RECIPES BY Carla Christian, RD, LD | PHOTOS BY Adam Albright
FOOD STYLING BY Susan Draudt



Get Ahead

CHOP AND COOK THE WHITE BEAN RAGOUT UP TO THREE DAYS BEFORE YOUR MEAL. TO SERVE, BROIL THE SALMON AND HEAT THE RAGOUT. IT'S THAT EASY!

Roasted Salmon with White Bean Ragout
recipe on *page 110*

Get Ahead

THIS POMEGRANATE-CRANBERRY TOPPER HOLDS UP TO THREE DAYS IN THE REFRIGERATOR. AT PARTY TIME, BAKE THE BREAD AND CHEESE, THEN SPOON ON TOPPER.

Pomegranate, Cranberry, and Brie Bruschetta

SERVINGS 16 (1 bruschetta each)
CARB. PER SERVING 8 g
PREP 30 minutes **CHILL** up to 3 days
BAKE 12 minutes

- ¾ cup pomegranate seeds
- ½ cup fresh or frozen chopped cranberries, thawed
- 2 Tbsp. sugar*
- 1 tsp. finely shredded orange zest
- Dash salt
- 6 oz. baguette-style French bread, cut diagonally into 16 slices
- Nonstick cooking spray
- ⅛ tsp. black pepper
- 1 6-oz. log Brie cheese, such as President brand, cut diagonally into 16 slices
- 1 Tbsp. finely snipped fresh basil

1. In a small bowl combine the first five ingredients (through salt). Cover and chill up to 3 days.

2. To serve, preheat oven to 350°F. Place bread slices in a 15×10-inch baking pan. Lightly coat both sides of bread with cooking spray; sprinkle with pepper. Bake 8 minutes, turning once. Top with cheese. Bake 4 minutes more or until cheese is softened.

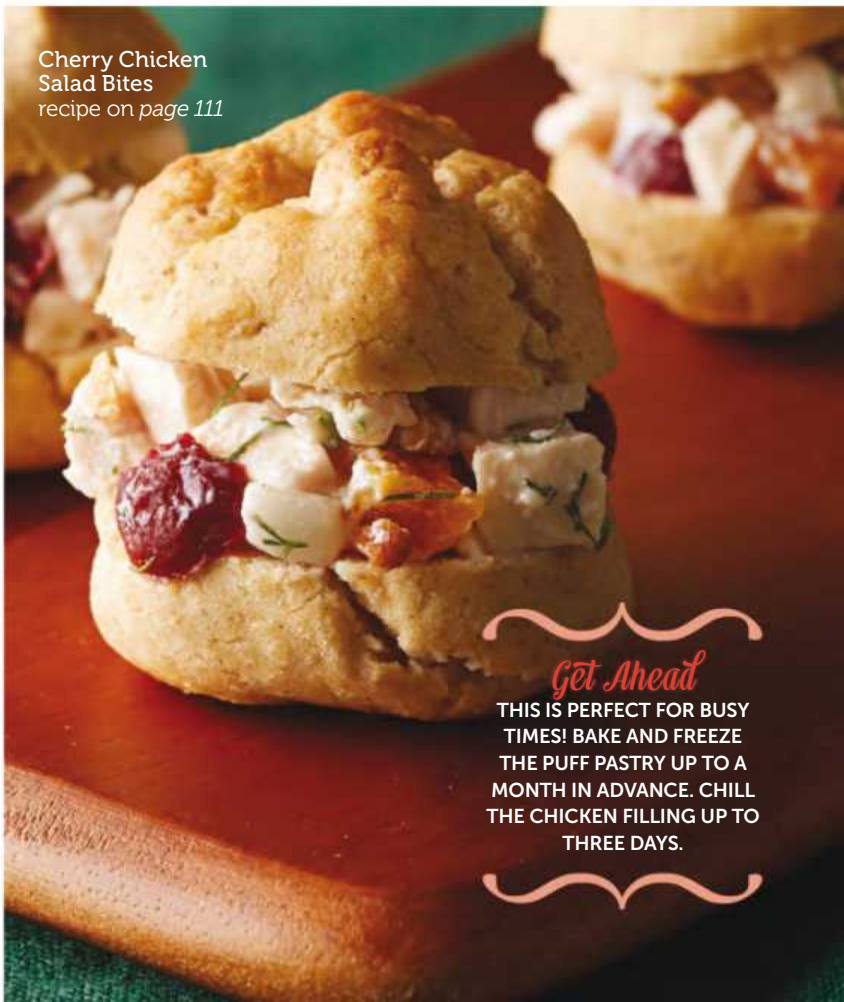
3. Stir basil into pomegranate mixture; spoon onto bread. Serve warm.

***SUGAR SUBSTITUTE:** Choose Splenda Sugar Blend. Follow package directions to use product amount equivalent to 2 tablespoons sugar.

PER SERVING: 77 cal., 3 g total fat (2 g sat. fat), 8 mg chol., 114 mg sodium, 8 g carb. (0 g fiber, 2 g sugars), 2 g pro.
PER SERVING WITH SUBSTITUTE: Same as above, except 75 cal.



Pomegranate, Cranberry, and Brie Bruschetta



Cherry Chicken Salad Bites
recipe on *page 111*

Get Ahead

THIS IS PERFECT FOR BUSY TIMES! BAKE AND FREEZE THE PUFF PASTRY UP TO A MONTH IN ADVANCE. CHILL THE CHICKEN FILLING UP TO THREE DAYS.



Savory Holiday Corn Bread Muffins

Get Ahead

MIX THE DRY AND WET INGREDIENTS SEPARATELY UP TO THREE DAYS IN ADVANCE. BEFORE THE MEAL, STIR THEM TOGETHER AND POP IN THE OVEN. YOU'LL SERVE WARM MUFFINS WITH NO HASSLE.

Savory Holiday Corn Bread Muffins

SERVINGS 8 (1 muffin each)
CARB. PER SERVING 16 g
PREP 20 minutes **CHILL** up to 3 days
BAKE 15 minutes **COOL** 5 minutes

- 1/2 cup all-purpose flour
- 1/4 cup yellow cornmeal
- 1 Tbsp. sugar*
- 1 1/4 tsp. baking powder
- 2 eggs, lightly beaten
- 1/2 cup low-fat milk
- 1/3 cup refrigerated cooked turkey sausage crumbles, such as Jimmy Dean brand
- 1/4 cup shredded Gruyère cheese
- 1/4 cup snipped dried cranberries
- 3 Tbsp. vegetable oil
- 4 tsp. light pancake syrup or honey

1. In a bowl combine the first four ingredients (through baking powder). Cover; store at room temperature up to 3 days. In a small bowl combine the next six ingredients (through oil). Cover and chill up to 3 days.
2. To serve, preheat oven to 375°F. Line eight 2 1/2-inch muffin cups with paper bake cups; coat with *nonstick cooking spray*. Add milk mixture all at once to flour mixture. Stir just until moistened. Spoon into prepared muffin cups.
3. Bake 15 to 17 minutes or until a toothpick comes out clean. Cool in muffin cups on a wire rack 5 minutes. Remove and brush tops with syrup. Serve warm.
***SUGAR SUBSTITUTE:** Choose Splenda Sugar Blend. Follow package directions to use product amount equivalent to 1 tablespoon sugar.

PER SERVING: 161 cal., 8 g total fat (2 g sat. fat), 55 mg chol., 179 mg sodium, 16 g carb. (1 g fiber, 6 g sugars), 5 g pro.
PER SERVING WITH SUBSTITUTE: Same as above, except 159 cal., 5 g sugars.

Ham and Broccoli Breakfast Casserole

SERVINGS 8 (1 portion each)
CARB. PER SERVING 20 g
PREP 20 minutes **CHILL** overnight
BAKE 50 minutes

- 2 cups broccoli florets
- 4 cups refrigerated shredded hash brown potatoes
- 2 Tbsp. coarsely snipped fresh chives
- 6 oz. thinly sliced lower-sodium cooked honey ham, chopped
- 1 cup shredded reduced-fat cheddar cheese
- 8 eggs, lightly beaten
- 1/2 cup fat-free milk
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 1/4 tsp. garlic powder

1. In a medium saucepan cook broccoli in boiling lightly salted water 3 minutes; drain. Rinse with cold water; drain again.
2. Coat a 2-quart rectangular baking dish with *nonstick cooking spray*. Add potatoes and chives to prepared dish; toss to combine. Top with broccoli, ham, and cheese.
3. In a medium bowl combine the remaining ingredients. Pour egg mixture over potato mixture. Cover and chill overnight.
4. To serve, preheat oven to 350°F. Bake, uncovered, 50 to 55 minutes or until eggs are set (160°F). If necessary to prevent overbrowning, cover with foil the last 10 minutes.

PER SERVING: 219 cal., 9 g total fat (4 g sat. fat), 206 mg chol., 550 mg sodium, 20 g carb. (2 g fiber, 2 g sugars), 15 g pro.



Ham and Broccoli Breakfast Casserole

Get Ahead

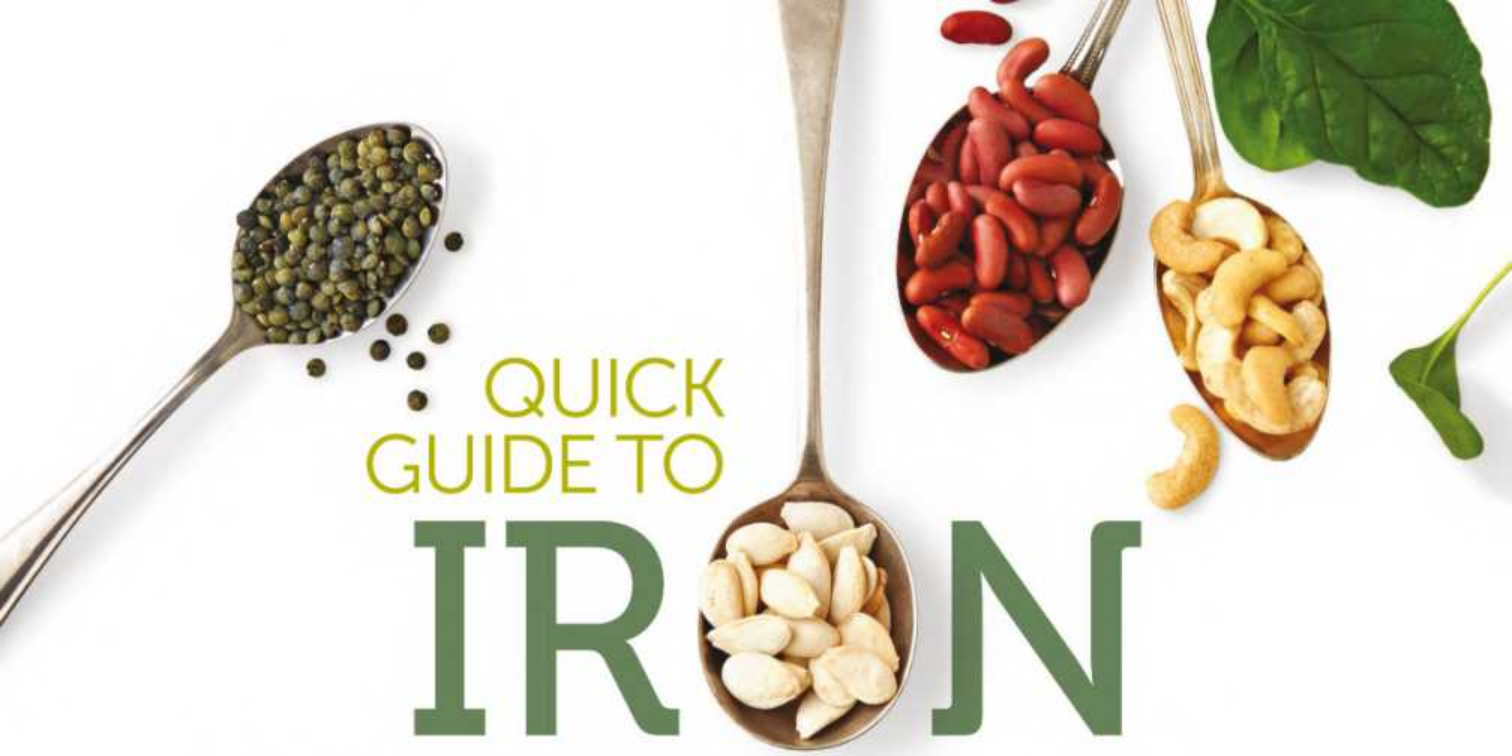
ASSEMBLE AND CHILL THIS EGG CASSEROLE THE NIGHT BEFORE. IT'S READY TO BAKE AND SERVE FOR BREAKFAST OR BRUNCH THE NEXT DAY.



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QUICK GUIDE TO IRON

The human body's requirement for iron has a sweet spot. Follow these easy guidelines to find yours.

BY Marsha McCulloch, RD, LD | PHOTOS BY Adam Albright
FOOD STYLING BY Susan Draudt

Some people find it hard to get enough iron; others absorb and store too much (that's a hereditary disorder called hemochromatosis). But everyone should pay attention to the amount of iron per serving on Nutrition Facts labels.

Iron is shown as a percentage of its Daily Value (DV), which is 18 milligrams (mg). So a food with 15 percent of your DV for iron would have 2.7 mg iron per serving (multiply 18 by 0.15).

The 18 mg iron DV covers the needs of healthy, premenopausal women who aren't pregnant. Men and postmenopausal women need 8 mg per day. People who need less iron should avoid highly iron-fortified foods (anything more than 20 percent of the DV). But if you have an iron deficiency, those foods are right up your alley.

Iron comes in two forms: heme and non-heme. We absorb heme iron best. Both forms are in meat (especially red meats), fish, and poultry. Fortified foods and plant foods contain only non-heme iron.

To boost iron levels, eat non-heme sources with heme sources, such as meat. Vitamin C and fructose (fruit sugar) also increase non-heme iron absorption—a tasty reason to eat dark chocolate (supplying non-heme iron) with strawberries (containing fructose and vitamin C).

Not enough iron can make you feel tired and unfocused because iron (as hemoglobin) helps transport oxygen to your body's cells. But too much iron, especially from heme iron, can cause bodily inflammation and may increase risk of type 2 and gestational diabetes.

Animal studies suggest excess iron—more likely if you consume a lot of heme iron—may decrease how well your insulin works and damage insulin-producing cells. Just one more reason to eat red meats in moderation.

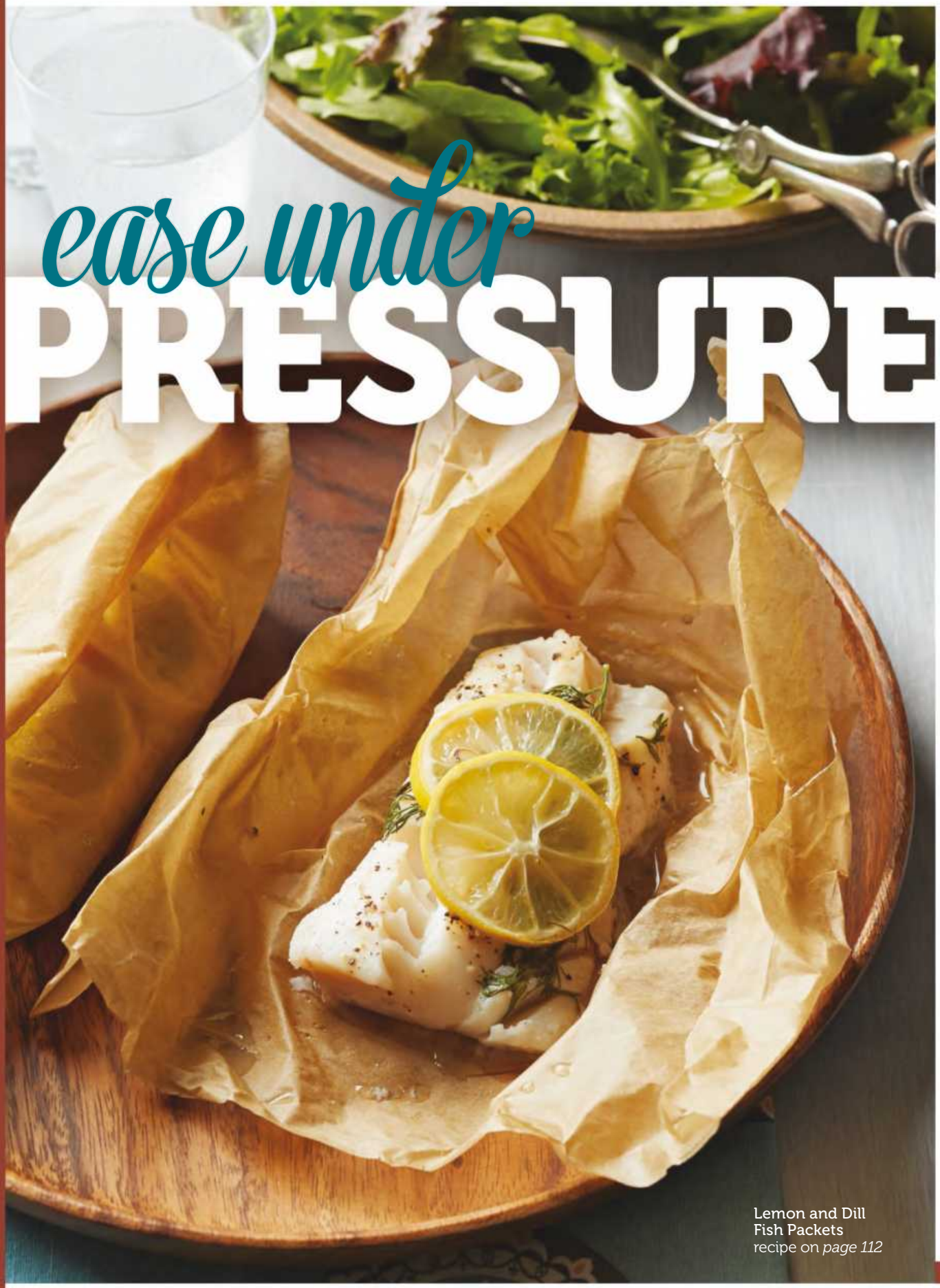
Naturally Good Sources of Non-Heme Iron

(% DV Iron Per Serving)

For better absorption, pair non-heme iron foods with vitamin C and fructose-containing foods.

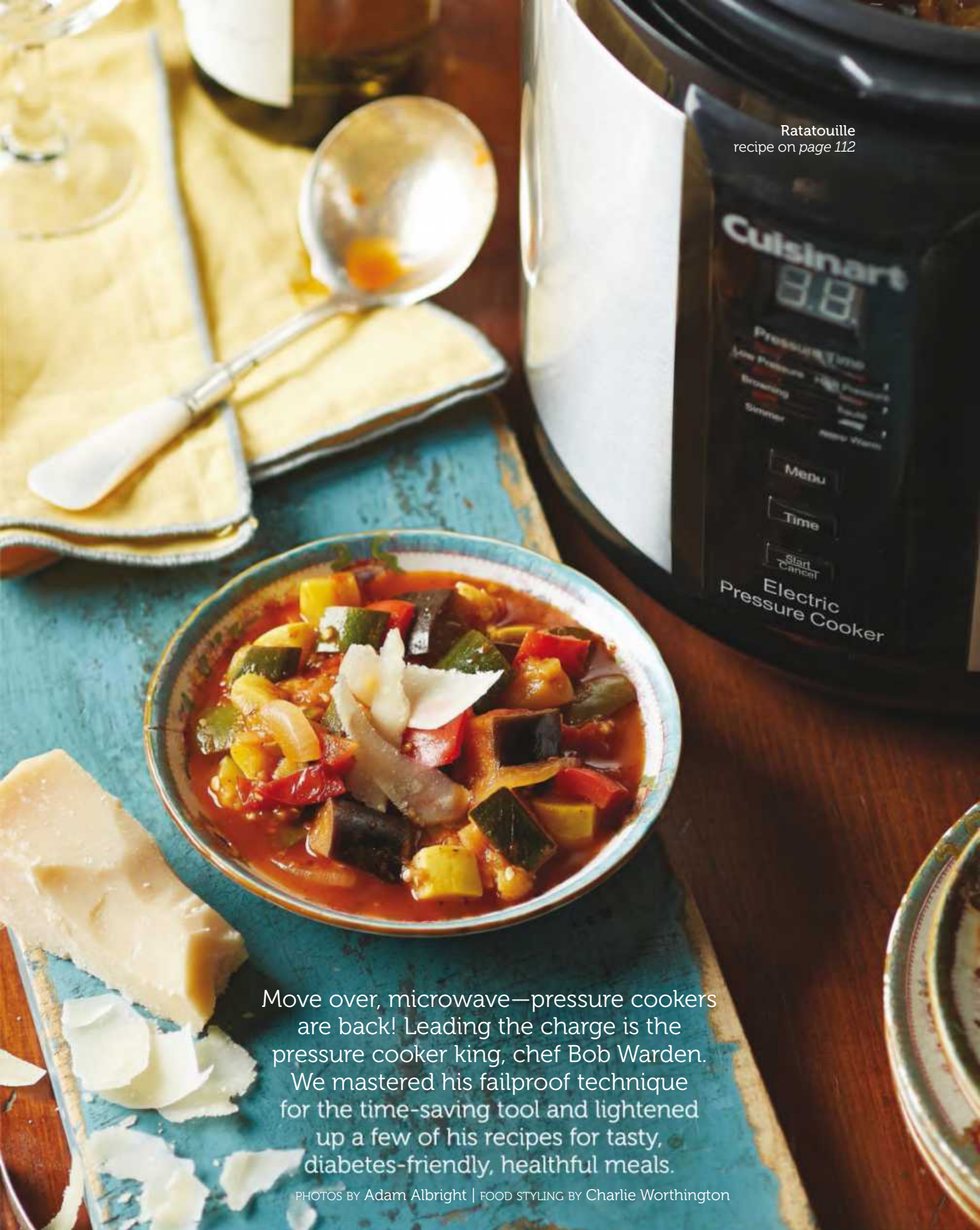
Dark chocolate, 70%–85% cacao, 1 oz.	18%
Lentils, cooked, ½ cup	18%
Tofu, firm, raw, ½ cup	18%
Tomatoes, stewed, canned, 1 cup	18%
Spinach, cooked, drained, ½ cup	17%
Cashews, 1 oz. (18 nuts)	11%
Kidney beans, cooked, ½ cup	11%
Baked potato with skin, medium (6 oz.)	10%
Dried apricots, ¼ cup	10%
Pumpkin seeds, ¼ cup	10%





ease under PRESSURE

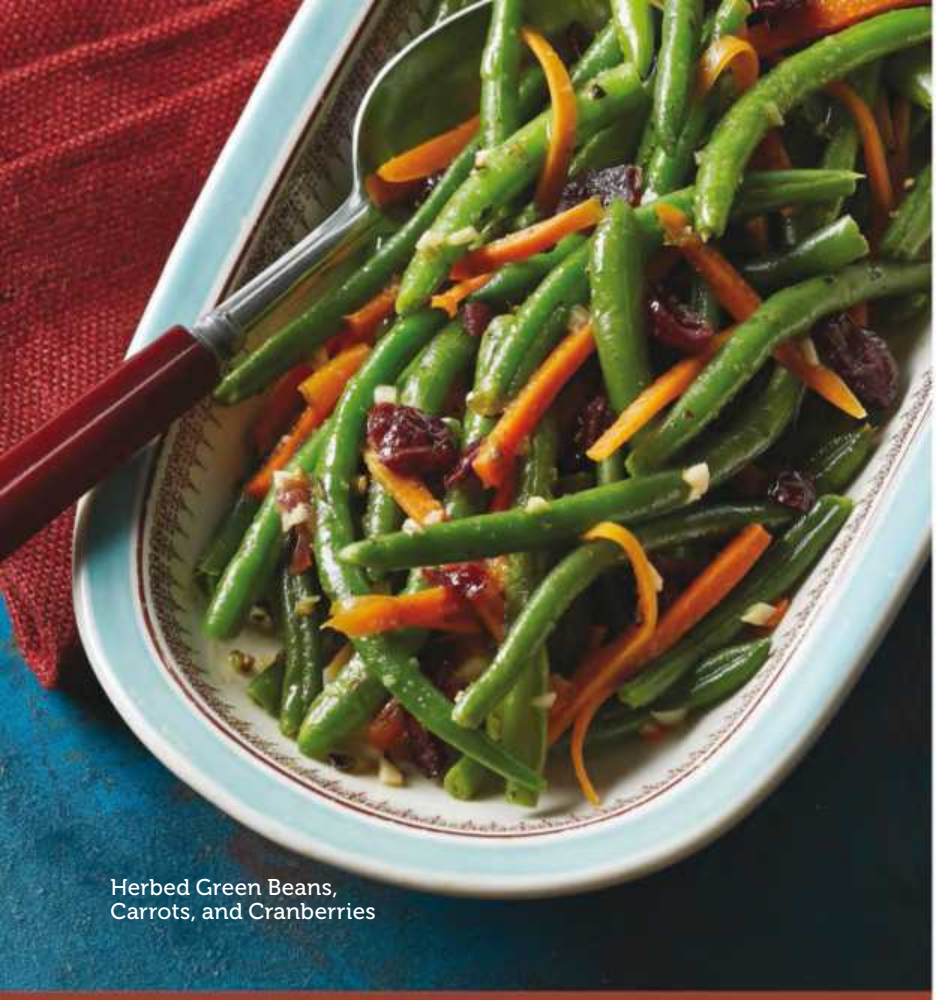
Lemon and Dill Fish Packets
recipe on *page 112*



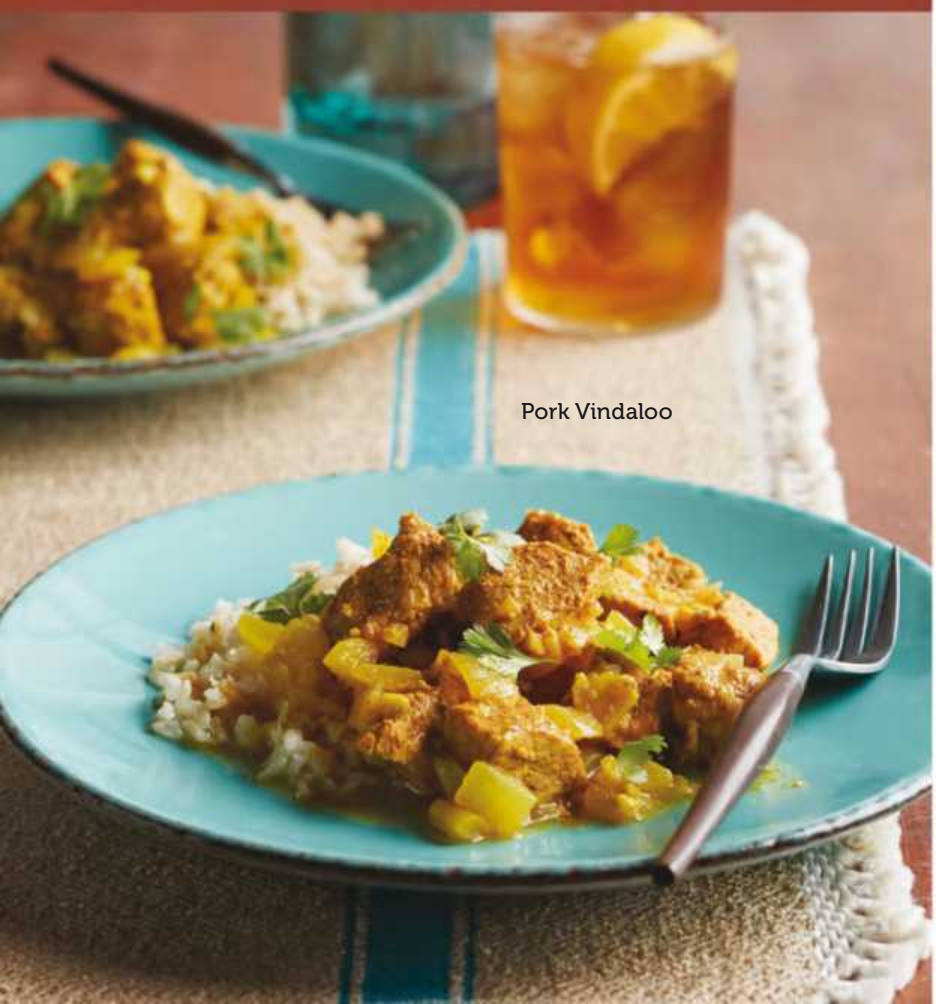
Ratatouille
recipe on *page 112*

Move over, microwave—pressure cookers are back! Leading the charge is the pressure cooker king, chef Bob Warden. We mastered his failproof technique for the time-saving tool and lightened up a few of his recipes for tasty, diabetes-friendly, healthful meals.

PHOTOS BY Adam Albright | FOOD STYLING BY Charlie Worthington



Herbed Green Beans, Carrots, and Cranberries



Pork Vindaloo

pressure cooker 101

Gone are the days of the pressure cooker splattering food all over the kitchen ceiling. Modern electric cookers are easier, safer, and more versatile than ever. And because these airtight pots cook with steam pressure, the cooking process is much faster. Familiarize yourself with pressure cooking 2.0 with some of Chef Bob Warden's best tips:

START WITH THE MANUAL

Before you begin, read the instructions for your pressure cooker to understand how it works and how to use it safely.

PRESSURE PREHEAT

After you add ingredients to a pressure cooker, figure that it will take an additional 5 to 15 minutes to bring the cooker up to pressure. Bob likens it to preheating an oven.

RELEASE PRESSURE

There are a few methods for releasing steam from a pressure cooker at the end of cooking time. For the quick-release method, open the steam valve or lid to let the pressure escape all at once to stop the cooking. If you prefer the natural release method, when the recipe is done, just let the cooker sit until all the pressure dissipates on its own. It usually takes about 15 minutes.

Herbed Green Beans, Carrots, and Cranberries

SERVINGS 6 (3/4 cup each)
CARB. PER SERVING 18 g
PREP 10 minutes
COOK 2 minutes
STAND 2 minutes

- 1 16- to 22-oz. pkg. frozen whole green beans
- 1 1/2 cups julienned carrots*
- 1/2 cup vegetable broth
- 3 Tbsp. butter
- 6 cloves garlic, minced
- 1 Tbsp. dried parsley
- 1 tsp. dried Italian seasoning, crushed
- 1/2 tsp. onion powder
- 1/2 cup dried cranberries
- 1/4 tsp. salt
- 1/8 tsp. black pepper

1. In the cooking pot of an electric pressure cooker combine the first eight ingredients (through onion powder).
2. Cover with lid and lock securely. Cook on low for 2 minutes. (For crisper vegetables, cook 1 minute.) Quick-release the pressure. Unlock and remove lid.
3. Stir in the remaining ingredients. Let stand 2 to 3 minutes or until cranberries are softened. Use a slotted spoon for serving.

***TEST KITCHEN TIP:** To julienne-cut carrots, peel and cut carrots in half lengthwise. Lay halves down on their flat sides and cut lengthwise into about 1/8-inch-thick strips. Stack strips a few at a time and cut into 2- to 3-inch lengths. For faster prep, use packaged fresh julienne-cut carrots.

STOVE-TOP PRESSURE COOKER DIRECTIONS: Using a 4- to 6-quart stove-top pressure cooker, prepare as directed in Step 1. Cover with lid and lock securely. Over high heat, bring cooker up to 5 to 7 pounds pressure. Reduce heat just enough to maintain steady pressure. Cook 2 minutes. Remove from heat. Quick-release the pressure. Unlock; remove lid. Continue as directed.

PER SERVING: 129 cal., 6 g total fat (4 g sat. fat), 15 mg chol., 234 mg sodium, 18 g carb. (4 g fiber, 10 g sugars), 2 g pro.

Pork Vindaloo

SERVINGS 6 (3/4 cup meat mixture and 1/3 cup rice each)
CARB. PER SERVING 18 g
PREP 25 minutes
MARINATE 2 hours
COOK 15 minutes
STAND 10 minutes

- 2 lb. boneless pork loin roast, trimmed and cut into 1-inch pieces
- 1/2 cup chopped onion
- 3 Tbsp. red wine vinegar
- 2 Tbsp. olive oil
- 6 cloves garlic, minced
- 1 tsp. sugar*
- 1 tsp. dry mustard
- 1 tsp. ground turmeric
- 1/2 tsp. salt
- 1/2 tsp. ground cumin
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground cardamom
- 1/2 tsp. ground ginger
- 1/4 tsp. chili powder
- 1/4 tsp. black pepper
- 1/8 tsp. ground cloves
- 1 cup reduced-sodium chicken broth
- 2 cups hot cooked brown rice
- Snipped fresh cilantro (optional)

1. In the cooking pot of an electric pressure cooker combine the first 16 ingredients (through cloves),** stirring to coat. Cover and marinate in the refrigerator 2 hours. Stir in broth.
2. Cover with lid and lock securely. Cook on high 15 minutes. Allow pressure to release naturally for 10 minutes before quick-releasing the remaining pressure. Unlock and remove lid.
3. Using a slotted spoon, serve meat mixture over rice. Drizzle with cooking liquid. If desired, sprinkle with cilantro.

STOVE-TOP PRESSURE COOKER DIRECTIONS: Using a 4- to 6-quart stove-top pressure cooker, prepare as directed in Step 1. Cover with lid and lock securely. Over high heat, bring cooker up to 12 to 15 pounds pressure. Reduce heat just enough to maintain steady pressure. Cook 15 minutes. Remove from heat. Allow pressure to release naturally for 10 minutes before quick-releasing the remaining pressure. Unlock and remove lid. Serve as directed.

***SUGAR SUBSTITUTE:** We do not recommend using a sugar substitute for this recipe.

****NOTE:** Don't have all these spices? Substitute 1 tablespoon curry powder.

PER SERVING: 324 cal., 10 g total fat (3 g sat. fat), 100 mg chol., 369 mg sodium, 18 g carb. (2 g fiber, 2 g sugars), 37 g pro.

Turkey and Vegetable Meat Loaf

SERVINGS 6 (5 ounces meat loaf and 1/3 cup sauce each)
CARB. PER SERVING 10 g
PREP 20 minutes **COOK** 25 minutes
STAND 10 minutes

- 1 8-oz. can tomato sauce
- 1/2 cup reduced-sodium chicken stock or broth
- 1 Tbsp. packed light brown sugar
- 1 Tbsp. cider vinegar
- 1/2 tsp. dried Italian seasoning, crushed
- 1/2 cup finely chopped yellow onion
- 1/2 cup finely chopped zucchini
- 1/4 cup finely chopped red sweet pepper
- 1/4 cup seasoned fine dry bread crumbs
- 6 cloves garlic, minced
- 1 tsp. dried thyme, crushed
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 1/8 tsp. ground allspice
- 2 lb. 93% lean ground turkey

1. In the cooking pot of an electric pressure cooker combine the first five ingredients (through Italian seasoning).

2. In a large bowl combine the next nine ingredients (through allspice). Add ground turkey; mix well. Shape mixture into a round loaf and place in cooker.

3. Cover with lid and lock securely. Cook on high 25 minutes. Allow pressure to release naturally for 10 minutes before quick-releasing the remaining pressure. Unlock and remove lid. Serve with sauce.

NOTE: We do not recommend using a stove-top pressure cooker for this recipe.

PER SERVING: 277 cal., 13 g total fat (3 g sat. fat), 112 mg chol., 605 mg sodium, 10 g carb. (1 g fiber, 5 g sugars), 30 g pro.

Continued on page 73



White Chicken Chili
recipe on *page 112*

Continued from page 70

on the MARKET

Fast cooking gets an upgrade with new takes on old-fashioned pressure cookers. Here are two we like. Look for them in stores and online.



1. The countertop Instant Pot 7-in-1 electric pressure cooker includes 14 settings: It's a pressure cooker, slow cooker, rice cooker, yogurt maker, steamer, and warmer, and it browns food. **amazon.com**; $135.



2. The shiny Fagor 8-quart stainless-steel stove-top pressure cooker with steamer basket works on electric, gas, ceramic, and induction cooktops. **amazon.com**; $110.

GIVE THE GIFT OF *cookies*



Show friends and family you care about them—*and* their health—with these yummy treats they'll never guess are carb-smart, too!

RECIPES BY Katie Shields, M.S., RD | PHOTOS BY Adam Albright
FOOD STYLING BY Charlie Worthington

Honey Lemon Almond Shortbread
recipe on *page 76*


SNICKERDOODLES
PEANUT BUTTER KISSES
SPICED PUMPKIN WALNUT COOKIES
DOUBLE DARK CHOCOLATE COOKIES WITH MINT SNOW



sweet package

To keep temptation out of the kitchen, gift these cookies to friends and family. You can feel good about giving them away, too—they're all under 150 calories and 22 grams of carb. per serving. Now *that's* sweet.

To package the treats, choose from cookie tins, cellophane bags, or cardstock boxes. For more gift-wrapping ideas visit **DiabeticLivingOnline.com/giftbox**

Before packaging, layer the cookies between waxed paper. This prevents them from sticking together and keeps the cookies crisp.

If you'd rather keep the whole batch (and why not?—you did all the work!), layer the cookies between waxed paper in an airtight container. Unless otherwise stated, store cookies at room temperature up to 2 days or freeze up to 1 month.



HONEY LEMON ALMOND SHORTBREAD

SERVINGS 12 (1 cookie each)
CARB. PER SERVING 19 g
PREP 20 minutes
FREEZE 5 minutes
BAKE 10 minutes

- 5 Tbsp. butter, melted
- 1/4 cup honey
- 2 Tbsp. pure maple syrup
- 1 Tbsp. lemon zest
- 1/2 tsp. almond extract
- 1 1/3 cups all-purpose flour
- 3/4 tsp. sea salt
- 1/4 cup sliced almonds

1. Preheat oven to 350°F. Line a cookie sheet with a silicone baking mat or parchment paper. In a medium bowl combine the first five ingredients (through almond extract).
2. In a small bowl stir together flour and salt. Add flour mixture to honey mixture; stir until combined. Cover and freeze 5 minutes.
3. Shape dough into 12 balls; place on prepared cookie sheet. Press balls into 3x2-inch rectangles. Top with almonds.
4. Bake 10 minutes or just until edges are golden. Cool on cookie sheet 5 minutes. Remove; cool on a wire rack. If desired, sprinkle with additional lemon zest.

PER SERVING: 135 cal., 6 g total fat (3 g sat. fat), 13 mg chol., 139 mg sodium, 19 g carb. (1 g fiber, 8 g sugars), 2 g pro.



SPICED PUMPKIN WALNUT COOKIES

SERVINGS 12 (1 cookie each)
CARB. PER SERVING 21 g
PREP 15 minutes
FREEZE 10 minutes
BAKE 12 minutes

- 6 Tbsp. packed brown sugar*
- 6 Tbsp. canned pumpkin
- 3 Tbsp. refrigerated or frozen egg product, thawed
- 2 Tbsp. olive oil
- 2 Tbsp. mild-flavor molasses
- 1 cup white whole wheat flour
- 1 1/2 tsp. pumpkin pie spice
- 3/4 tsp. baking soda
- 1/2 tsp. sea salt
- 6 Tbsp. raisins
- 1/4 cup chopped walnuts

1. Line a cookie sheet with a silicone baking mat or parchment paper. In a medium bowl combine the first five ingredients (through molasses).
2. In a small bowl stir together the next four ingredients (through salt). Add flour mixture to egg mixture; stir until combined. Stir in raisins and walnuts. Cover and freeze 10 minutes.
3. Preheat oven to 350°F. Drop dough into 12 mounds (about 2 tablespoons each) onto prepared cookie sheet. Flatten slightly.
4. Bake 12 to 14 minutes or until edges are set. Cool on cookie sheet 5 minutes. Remove; cool on a wire rack.
***SUGAR SUBSTITUTE:** We do not recommend using a sugar substitute for this recipe.

PER SERVING: 124 cal., 4 g total fat (0 g sat. fat), 0 mg chol., 182 mg sodium, 21 g carb. (1 g fiber, 12 g sugars), 2 g pro.



PEANUT BUTTER KISSES

SERVINGS 12 (1 cookie each)
CARB. PER SERVING 12 g or 9 g
PREP 15 minutes **BAKE** 10 minutes

- 1/2 cup creamy peanut butter
- 2 Tbsp. refrigerated or frozen egg product, thawed
- 1/4 cup sugar*
- 1/2 tsp. baking powder
- 1/4 tsp. vanilla
- 1/8 tsp. salt
- 2 Tbsp. sugar**
- 12 dark chocolate candy kisses

1. Preheat oven to 350°F. Line a cookie sheet with a silicone baking mat or parchment paper. In a bowl combine peanut butter and egg. Stir in the next four ingredients (through salt).
2. Shape dough into 12 balls. Roll balls in the 2 tablespoons sugar; place on prepared cookie sheet. Flatten until 1/2 inch thick by making crisscross marks with a fork.
3. Bake 10 to 13 minutes or just until centers are set. Immediately press a chocolate kiss into each cookie's center. Cool on cookie sheet for 3 minutes. Remove; cool on a wire rack.
***SUGAR SUBSTITUTE:** Choose Splenda Sugar Blend. Follow package directions to use product amount equivalent to 1/4 cup sugar.
****SUGAR SUBSTITUTE:** We do not recommend using a sugar substitute for the 2 tablespoons sugar.
TO STORE: Layer cookies between waxed paper in an airtight container. Store at room temperature up to 3 days or freeze up to 1 month.

PER SERVING: 110 cal., 7 g total fat (2 g sat. fat), 0 mg chol., 97 mg sodium, 12 g carb. (1 g fiber, 10 g sugars), 3 g pro.

PER SERVING WITH SUBSTITUTE: Same as above, except 104 cal., 9 g carb. (8 g sugars).



SNICKERDOODLES

SERVINGS 12 (1 cookie each)
CARB. PER SERVING 22 g or 15 g
PREP 15 minutes **FREEZE** 10 minutes **BAKE** 10 minutes

- 3/4 cup sugar*
- 6 Tbsp. unsalted butter, softened
- 2 Tbsp. refrigerated or frozen egg product, thawed
- 1 1/2 tsp. vanilla
- 1 cup all-purpose flour
- 3/4 tsp. baking powder
- 3/4 tsp. sea salt
- 1 Tbsp. sugar**
- 1 1/2 tsp. ground cinnamon

1. Line a cookie sheet with a silicone baking mat or parchment paper. In a bowl combine the first four ingredients (through vanilla).
2. In a bowl combine the next three ingredients (through salt). Add flour mixture to egg mixture; stir to combine. Cover; freeze 10 minutes.
3. Preheat oven to 350°F. In a bowl combine the 1 tablespoon sugar and cinnamon. Shape dough into 12 balls. Roll in cinnamon-sugar; place on prepared cookie sheet.
4. Bake 10 minutes or until edges are brown. Cool on cookie sheet for 5 minutes. Remove; cool on a wire rack.
***SUGAR SUBSTITUTE:** Choose Splenda Sugar Blend. Follow package directions to use product amount equivalent to 3/4 cup sugar. If dough stiffens, omit freezing. Lightly press dough balls on cookie sheet.
****SUGAR SUBSTITUTE:** We do not recommend using a sugar substitute for the 1 tablespoon sugar.

PER SERVING: 145 cal., 6 g total fat (4 g sat. fat), 15 mg chol., 174 mg sodium, 22 g carb. (0 g fiber, 14 g sugars), 1 g pro.

PER SERVING WITH SUBSTITUTE: Same as above, except 127 cal., 15 g carb. (7 g sugars).



DOUBLE DARK CHOCOLATE COOKIES WITH MINT SNOW

SERVINGS 12 (1 cookie each)
CARB. PER SERVING 18 g
PREP 15 minutes **FREEZE** 10 minutes **BAKE** 10 minutes

- 1 1/4 cups white whole wheat flour
- 2 Tbsp. unsweetened cocoa powder
- 3/4 tsp. sea salt
- 1/2 tsp. baking soda
- 1/4 cup unsalted butter, softened
- 3 Tbsp. sugar*
- 1/4 tsp. peppermint extract
- 1/3 cup unsweetened almond milk
- 3 Tbsp. chopped dark chocolate pieces
- 3 Tbsp. crushed regular or sugar-free peppermint candies (about 8 candies)

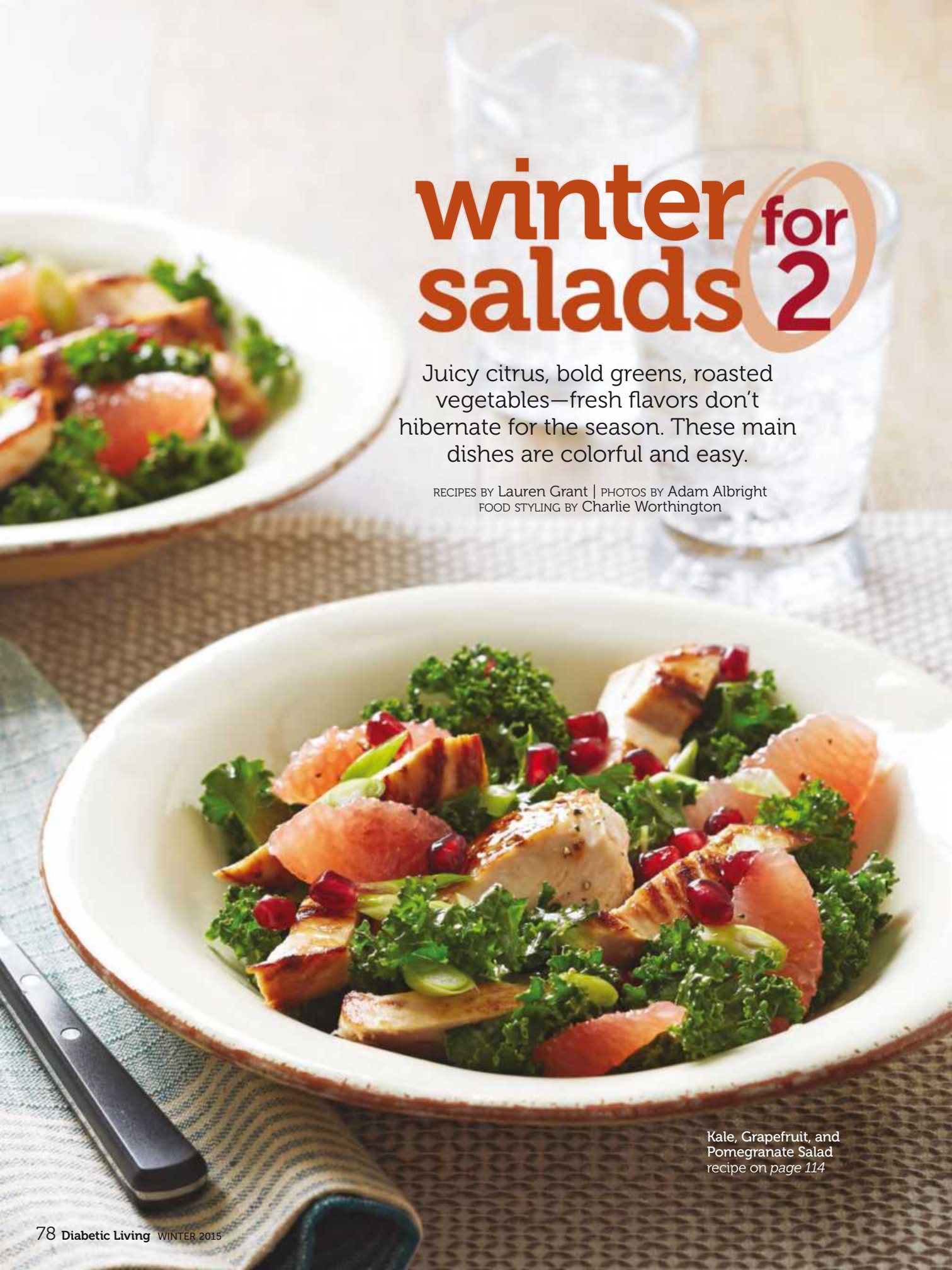
1. Line a cookie sheet with a silicone baking mat or parchment paper. In a bowl stir together the first four ingredients (through baking soda).
2. In a bowl beat the next three ingredients (through peppermint extract) with a mixer on medium until combined. Beat in almond milk. Beat in flour mixture just until combined. Stir in chocolate.
3. Shape dough into 12 balls; place on prepared cookie sheet. Cover and freeze 10 minutes.
4. Preheat oven to 350°F. Press balls into 3-inch rounds. Bake 10 to 12 minutes or until set. Immediately top with crushed candies. Cool on cookie sheet 5 minutes. Remove; cool on a wire rack. This cookie is best enjoyed the day it is baked.
***SUGAR SUBSTITUTE:** We do not recommend using a sugar substitute.

PER SERVING: 122 cal., 5 g total fat (3 g sat. fat), 10 mg chol., 198 mg sodium, 18 g carb. (2 g fiber, 7 g sugars), 2 g pro.

winter salads for 2

Juicy citrus, bold greens, roasted vegetables—fresh flavors don't hibernate for the season. These main dishes are colorful and easy.

RECIPES BY Lauren Grant | PHOTOS BY Adam Albright
FOOD STYLING BY Charlie Worthington



Kale, Grapefruit, and Pomegranate Salad
recipe on *page 114*



Indian-Spiced Cauliflower and Chickpea Salad

Indian-Spiced Cauliflower and Chickpea Salad

SERVINGS 2 (2 1/2 cups each)
CARB. PER SERVING 33 g
PREP 20 minutes
ROAST 20 minutes

- 1 Tbsp. curry powder
- 1 Tbsp. olive oil
- 1/4 tsp. salt
- 1 1/2 cups cauliflower florets
- 1 cup canned no-salt-added garbanzo beans (chickpeas), rinsed and drained
- 3/4 cup 1/2-inch carrot slices
- 1/4 cup plain fat-free yogurt
- 1 Tbsp. lime juice
- 1/2 tsp. black pepper
- 1/2 tsp. grated fresh ginger or 1/4 tsp. ground ginger
- 1/2 tsp. minced fresh jalapeño chile pepper (optional)*
- 1 to 2 Tbsp. fat-free milk (optional)
- 2 cups torn red-tip leaf lettuce
- 1 cup packed fresh Italian parsley
- 1/4 cup thinly sliced red onion

1. Preheat oven to 450°F. In a medium bowl combine the first three ingredients (through salt). Add the next three ingredients (through carrot); toss to coat. Spread mixture in a 15x10-inch baking pan. Roast 20 to 25 minutes or until vegetables are tender, stirring once.

2. Meanwhile, for dressing, in a small bowl stir together the next four ingredients (through ginger) and, if desired, jalapeño pepper. If needed, thin with milk to desired consistency.

3. In a large bowl combine roasted vegetables, lettuce, parsley, and onion. Add dressing; toss to coat.

***TEST KITCHEN TIP:** Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.

PER SERVING: 241 cal., 9 g total fat (1 g sat. fat), 1 mg chol., 405 mg sodium, 33 g carb. (10 g fiber, 8 g sugars), 11 g pro.

Continued on page 83

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Continued from page 79

Pork and Squash Salad

SERVINGS 2 (2 cups each)
CARB. PER SERVING 31 g
PREP 25 minutes
ROAST 24 minutes
STAND 3 minutes

- 1 Tbsp. balsamic vinegar
- 2 tsp. olive oil
- 1/4 tsp. salt
- 1/4 tsp. ground cinnamon
- 1/4 tsp. black pepper
- 3/4 cup 3/4-inch pieces butternut squash
- 1/4 cup chopped onion
- 1 8-oz. boneless pork loin chop, cut 1 inch thick and trimmed of fat
- 1 Tbsp. pure maple syrup
- 1 Tbsp. chopped pecans (optional)
- 3 cups mixed baby greens
- 1/4 cup dried cranberries

1. Place a 9-inch cast-iron skillet in the oven. Preheat oven to 425°F.
2. Meanwhile, whisk together the first five ingredients (through pepper). In a small bowl toss squash and onion with 2 teaspoons of the vinegar mixture. Carefully arrange squash mixture around edges of hot skillet. Roast 5 minutes.
3. Brush both sides of the pork chop with 1 teaspoon of the vinegar mixture. Place chop in center of hot skillet. Roast 18 to 20 minutes or until squash is tender and browned, turning chop and stirring vegetables once.
4. Drizzle maple syrup over chop and vegetables. If using, sprinkle pecans over vegetables. Roast 1 to 2 minutes more or until a thermometer inserted in chop registers 145°F and pecans are toasted. Remove from oven and let stand 3 minutes. Thinly slice chop.
5. To serve, in a medium bowl toss together salad greens, cranberries, meat, vegetables, and the remaining vinegar mixture.

PER SERVING: 306 cal., 9 g total fat (2 g sat. fat), 75 mg chol., 363 mg sodium, 31 g carb. (4 g fiber, 19 g sugars), 27 g pro.



FOUR HEALTHY HABITS

Just a few simple lifestyle changes can help you control your diabetes.



Pumpkin-Apple Smoothie
recipe on *page 114*

NO. 1 START WITH BREAKFAST

Kick-starting your day with a beneficial breakfast can reinforce your resolve to eat well the rest of the day. It's a great opportunity to fit in whole grains, fruits, dairy, and fiber. Plus, several studies show that people who eat breakfast are more successful at keeping off those extra pounds.

RECIPES BY Carla Christian, RD, LD
PHOTOS BY Adam Albright
FOOD STYLING BY Charlie Worthington



Roasted Vegetable Pasta with Walnuts and Sage

NO. 2 EAT LESS MEAT

People who eat less meat have a lower risk of being overweight, developing insulin resistance, and having metabolic syndrome (a precursor to type 2 diabetes), according to several studies. You don't have to go meatless—you gain benefits just from cutting back.

Roasted Vegetable Pasta with Walnuts and Sage

SERVINGS 4 (1 1/4 cups each)
CARB. PER SERVING 36 g
PREP 25 minutes
ROAST 20 minutes

- Nonstick cooking spray
- 2 cups 1/2-inch pieces carrots
- 8 oz. Brussels sprouts, trimmed (halved if large)
- 2 tsp. olive oil
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1 1/4 cups dried multigrain penne pasta
- 1 15-oz. can no-salt-added fire-roasted diced tomatoes, undrained
- 2 tsp. snipped fresh sage
- 1 oz. reduced-fat cream cheese (Neufchâtel), softened
- 1/3 cup grated Parmesan cheese
- 1/4 cup broken walnuts, toasted

1. Preheat oven to 400°F. Line a 15x10-inch baking pan with foil; coat foil with cooking spray. In a large bowl combine the next three ingredients (through oil), 1/4 teaspoon of the salt, and 1/8 teaspoon of the pepper. Spread in prepared baking pan. Roast 20 to 25 minutes or until vegetables are tender and lightly browned.

2. Meanwhile, cook pasta according to package directions. Drain, reserving 1/2 cup cooking water. Keep pasta warm.

3. In a large skillet bring tomatoes, sage, and the remaining 1/4 teaspoon salt and 1/8 teaspoon pepper to boiling; reduce heat. Simmer 10 minutes.

4. Reduce heat to low and whisk in cream cheese until smooth. Stir in roasted vegetables, pasta, and Parmesan cheese; cook and stir just until cheese is melted. If needed, stir in enough reserved pasta cooking water to reach desired consistency. Top servings with walnuts and additional sage.

PER SERVING: 296 cal., 12 g total fat (3 g sat. fat), 11 mg chol., 518 mg sodium, 36 g carb. (7 g fiber, 8 g sugars), 12 g pro.

NO. 3 EAT MORE FRUITS & VEGGIES

Fruits and vegetables—fresh, canned, or frozen—are nutrient-packed, disease-fighting foods that can help you stay healthy and reduce chronic inflammation. The USDA recommends you eat 2½ cups of fruits and 2½ cups of vegetables every day.



Roasted Beet and Pear Salad

SERVINGS 4 (1½ cups each)
CARB. PER SERVING 17 g
PREP 15 minutes **ROAST** 1 hour
COOL 15 minutes

- 8 oz. beets, without tops (3 small)
- 2 Tbsp. sherry vinegar
- 1 Tbsp. olive oil
- ½ tsp. Dijon-style mustard
- ¼ tsp. black pepper
- ⅛ tsp. salt
- 3 cups fresh baby arugula or spinach
- 2 cups sliced pears (2 medium)
- 3 Tbsp. shaved Gouda cheese
- 4 tsp. slivered almonds, toasted

1. Preheat oven to 425°F. Trim root ends from beets. Wrap each beet in foil and place in a 15x10-inch baking pan. Roast 1 hour or until tender. Remove from foil; cool 15 minutes. Remove skins by wrapping beets, one at a time, in a paper towel and gently rubbing off the skins. Cut beets into bite-size pieces; cool.

2. Meanwhile, for dressing, in a small bowl whisk together the next five ingredients (through salt).

3. In a serving dish toss arugula with half of the dressing. Top with beets and pears; drizzle with the remaining dressing. Sprinkle with cheese and almonds.

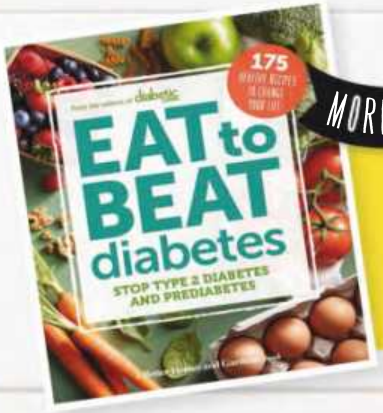
PER SERVING: 123 cal., 6 g total fat (1 g sat. fat), 4 mg chol., 149 mg sodium, 17 g carb. (4 g fiber, 11 g sugars), 3 g pro.



Orange Chicken and Barley
recipe on *page 114*

NO. 4 SWAP IN WHOLE GRAINS

If you're like most Americans, you eat plenty of grains, but you're shy on getting enough nutrient and fiber-filled whole grains. Swap out refined grains, such as white rice, for whole grains, such as barley. Whole grains help you feel full and reduce heart disease risk factors.



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cozy spiced desserts

The warmth of spices like cinnamon, nutmeg, and ginger turns these diabetes-friendly sweets into a forkful of comfort.

PHOTOS BY Jason Donnelly
FOOD STYLING BY Dianna Nolin



Cinnamon-Banana Cake with Chocolate Ganache

recipe on *page 115*



Bananas Foster Mini Pies

Bananas Foster Mini Pies

SERVINGS 12 (1 mini pie each)
CARB. PER SERVING 20 g or 19 g
PREP 30 minutes **CHILL** 1 hour
BAKE 15 minutes per batch

- 1/3 cup butter, softened
- 1 Tbsp. granulated sugar*
- 1/4 tsp. salt
- 1 egg
- 2 Tbsp. cold water
- 1 1/2 cups all-purpose flour
- 3/4 cup chopped banana (1 medium)
- 1/4 cup chopped pecans, toasted
- 1/4 cup sugar-free caramel-flavor ice cream topping
- 1 Tbsp. bourbon
- 1/4 tsp. ground cinnamon
- 1 Tbsp. butter, melted
- 2 tsp. powdered sugar

1. Line two baking sheets with parchment paper. In a medium bowl beat 1/3 cup butter with a mixer on medium for 30 seconds. Add granulated sugar and salt; beat on medium for 3 minutes. Beat in egg and the water. Beat in flour. Cover and chill until dough is easy to handle (about 1 hour).

2. Preheat oven to 400°F. For filling, in a bowl combine the next five ingredients (through cinnamon).

3. On a lightly floured surface, roll dough until 1/8 inch thick. Using a 4-inch round cutter, cut out dough, rerolling scraps as needed. Place about 1 tablespoon of the filling in center of each pastry circle. Brush edges of circles with a little water. Fold each circle in half over filling; press edges with a fork to seal. Prick tops. Place pies on prepared baking sheets. Brush with 1 tablespoon melted butter.

4. Bake 15 minutes or until light brown. Cool slightly. Sprinkle with powdered sugar and additional cinnamon. Serve warm.

***SUGAR SUBSTITUTES:** Choose Splenda Granular or Sweet'N Low packets. Follow package directions to use product amount equivalent to 1 tablespoon granulated sugar.

PER SERVING: 165 cal., 8 g total fat (4 g sat. fat), 32 mg chol., 118 mg sodium, 20 g carb. (1 g fiber, 3 g sugars), 3 g pro.

PER SERVING WITH SUBSTITUTE: Same as above, except 161 cal., 19 g carb. (2 g sugars), 3 g pro.



Gingerbread Cupcakes with Marshmallow Frosting

recipe on *page 115*

Ginger-Orange Chocolate Tart

recipe on *page 116*





Almond Cannoli with Spiced Ricotta Cream Filling
recipe on *page 116*



Spice Cake Roll with Cream Cheese Filling

Spice Cake Roll with Cream Cheese Filling

SERVINGS 12 (1 slice each)
CARB. PER SERVING 27 g
PREP 35 minutes **CHILL** 4 hours
BAKE 12 minutes

- 1 recipe Cream Cheese Filling
- 1/3 cup all-purpose flour
- 1/4 cup whole wheat pastry flour or whole wheat flour
- 1 1/2 tsp. pumpkin pie spice
- 1 tsp. baking powder
- 1/4 tsp. salt
- 1/4 tsp. ground cloves
- 4 eggs, room temperature
- 1 tsp. vanilla
- 1/2 cup full-flavor molasses
- 1/3 cup granulated sugar*
- Powdered sugar* (optional)

1. Prepare Cream Cheese Filling; chill as directed.

2. Meanwhile, preheat oven to 375°F. Grease a 15x10-inch baking pan. Line bottom of pan with waxed paper or parchment paper; grease paper. In a bowl stir together the next six ingredients (through cloves).

3. Separate eggs. In a medium bowl beat egg yolks and vanilla with a mixer on high about 5 minutes or until thick and lemon-colored. Beat in molasses just until combined.

4. Thoroughly wash beaters. In a large bowl beat egg whites on medium until soft peaks form (tips curl). Gradually add granulated sugar, beating on high until stiff peaks form (tips stand straight). Fold yolk mixture into beaten egg whites. Sprinkle with flour mixture; fold in gently just until combined. Spread batter in prepared baking pan.

5. Bake 12 to 15 minutes or until cake springs back when lightly touched. Immediately loosen cake edges from pan and turn cake out onto a towel sprinkled with powdered sugar; peel off paper. Roll towel and cake into a spiral, starting from a short side of the cake. Cool on a wire rack.

6. To assemble, unroll cake; remove towel. Spread cake with filling to within 1 inch of the edges. Roll up cake; trim ends. Cover and chill up to 6 hours. If desired, sprinkle with powdered sugar before serving.

CREAM CHEESE FILLING: In a heavy medium saucepan stir together 1/4 cup granulated sugar* and 1 tablespoon cornstarch. Gradually stir in 1 cup fat-free milk. Cook and stir over medium heat until thickened and bubbly. Cook and stir 1 minute more. Gradually stir about half of the hot mixture into 2 lightly beaten egg yolks. Return yolk mixture to remaining hot mixture in saucepan. Bring just to boiling; reduce heat. Cook and stir 2 minutes. Remove from heat.

Add 6 ounces reduced-fat cream cheese (Neufchâtel), cut up and softened, and 1 teaspoon vanilla. Let stand 5 minutes. Stir until smooth. Place bowl with filling in a larger bowl of ice water; let stand 5 minutes, stirring occasionally. Cover surface with plastic wrap; chill at least 4 hours.

***SUGAR SUBSTITUTES:** We do not recommend using sugar substitutes for this recipe.

PER SERVING: 180 cal., 6 g total fat (3 g sat. fat), 104 mg chol., 175 mg sodium, 27 g carb. (0 g fiber, 21 g sugars), 5 g pro.

Cinnamon-Orange Pumpkin Bread Pudding

SERVINGS 8 (2/3 cup each)
CARB. PER SERVING 23 g or 21 g
PREP 25 minutes
BAKE 50 minutes
STAND 15 minutes

- 5 cups 1/2-inch cubes light oatmeal or whole wheat bread (about 7 slices)
- Nonstick cooking spray
- 1 orange
- 2 cups fat-free milk
- 1 cup canned pumpkin
- 3/4 cup refrigerated or frozen egg product, thawed, or 3 eggs, lightly beaten
- 3 Tbsp. granulated sugar*
- 1 tsp. ground cinnamon
- 1/3 cup light cream cheese spread, softened
- 1 Tbsp. light stick butter (not margarine), softened
- 3 Tbsp. powdered sugar*

1. Preheat oven to 300°F. Arrange bread cubes in a single layer in a shallow baking pan. Bake 10 to 15 minutes or until dry, stirring once or twice. Cool (cubes will continue to dry as they cool).

2. Increase oven temperature to 350°F. Coat a 2-quart shallow baking dish with cooking spray. Arrange dry bread cubes in prepared dish.

3. Remove 1 teaspoon zest and squeeze 2 tablespoons juice from orange. In a large bowl combine orange zest and the next five ingredients (through cinnamon); pour over bread cubes. Gently press bread down into liquid to moisten. Let stand 15 minutes.

4. Bake 40 to 45 minutes or until a knife comes out clean. Cool slightly on a wire rack.

5. Meanwhile, in a small bowl beat cream cheese and butter with a mixer on medium until smooth. Gradually beat in powdered sugar and enough of the orange juice to reach drizzling consistency. Drizzle over warm bread pudding.

***SUGAR SUBSTITUTES:** Choose Splenda Sugar Blend. Follow package directions to use product amount equivalent to 3 tablespoons granulated sugar. We do not recommend a substitute for the powdered sugar.

PER SERVING: 142 cal., 3 g total fat (2 g sat. fat), 8 mg chol., 211 mg sodium, 23 g carb. (1 g fiber, 13 g sugars), 7 g pro.

PER SERVING WITH SUBSTITUTE: Same as above, except 135 cal., 21 g carb, (10 g sugars).





Maple-Date Cookies with Cinnamon-Espresso Frosting

recipe on *page 118*

protein spotlight

SHRIMP

Low in fat and calories, this flavor-popping seafood serves up good fats that offset its higher cholesterol profile. The fast-cooking protein is the most consumed U.S. seafood.

RECIPES BY Lauren Grant | PHOTOS BY Adam Albright
FOOD STYLING BY Charlie Worthington



Peppered Shrimp and Green Bean Salad
recipe on *page 118*

Citrus Shrimp with Black Rice

SERVINGS 4 (1/2 cup rice, 3 ounces shrimp, and 1 cup arugula each)
CARB. PER SERVING 29 g
PREP 20 minutes **COOK** 30 minutes
STAND 5 minutes

- 2 oranges
- 1 1/3 cups water
- 3/4 cup uncooked black rice
- 3/4 tsp. salt
- 1 lb. fresh or frozen peeled and deveined medium shrimp, thawed
- 2 Tbsp. olive oil
- 2 cloves garlic, minced
- 1/4 tsp. black pepper
- 4 cups baby arugula
- Orange wedges (optional)

1. Remove 1 teaspoon zest and squeeze 1/2 cup juice from the two oranges; set aside. In a medium saucepan bring the water, rice, and 1/2 teaspoon of the salt to boiling; reduce heat. Simmer, covered, about 30 minutes or until water is absorbed. Remove from heat and let stand 5 minutes. Stir in 1/2 teaspoon of the orange zest and 1/4 cup of the orange juice.

2. Meanwhile, rinse shrimp; pat dry. For marinade, in a medium bowl combine oil, garlic, pepper, and the remaining 1/2 teaspoon orange zest, 1/4 cup orange juice, and 1/4 teaspoon salt. Add shrimp; toss to coat. Cover and marinate in the refrigerator 10 minutes.

3. Heat a large skillet over medium heat. Add shrimp mixture; cook and stir 5 minutes or until shrimp are opaque. Using a slotted spoon, remove shrimp from skillet. For sauce, bring marinade to simmering. Cook 1 to 2 minutes or until marinade is slightly thickened.

4. To serve, spoon warm rice and shrimp over arugula and drizzle with sauce. If desired, serve with orange wedges.

PER SERVING: 290 cal., 9 g total fat (1 g sat. fat), 183 mg chol., 579 mg sodium, 29 g carb. (2 g fiber, 4 g sugars), 27 g pro.





Shrimp and Cauliflower Bake

SERVINGS 4 (1 3/4 cups each)
CARB. PER SERVING 18 g
PREP 15 minutes **BAKE** 40 minutes

- 4 cups small cauliflower florets (1 medium head)
- 1/2 cup chopped onion
- 2 Tbsp. olive oil
- 1/2 tsp. crushed red pepper
- 1/4 tsp. salt
- 1 lb. fresh or frozen peeled and deveined medium shrimp, thawed
- 2 14.5-oz. cans no-salt-added diced tomatoes, drained
- 2 cloves garlic, minced
- 1 tsp. lemon zest
- 1/2 cup crumbled reduced-fat feta cheese
- 1 Tbsp. snipped fresh dill
- Lemon wedges (optional)

1. Preheat oven to 425°F. In a large bowl toss together the first five ingredients (through salt). Spread mixture in a 3-quart shallow baking dish. Bake 25 minutes or just until cauliflower is tender.

2. Meanwhile, rinse shrimp; pat dry. In a medium bowl combine shrimp and the next three ingredients (through lemon zest). Pour shrimp mixture over cauliflower mixture. Bake 15 minutes more or until shrimp are opaque.

3. Combine cheese and dill; sprinkle over shrimp mixture. If desired, serve with lemon wedges.

PER SERVING: 269 cal., 11 g total fat (3 g sat. fat), 193 mg chol., 561 mg sodium, 18 g carb. (6 g fiber, 10 g sugars), 29 g pro.

Continued on page 100

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Shrimp Salad Sandwiches

SERVINGS 4 (1 sandwich with about 1/2 cup filling each)
CARB. PER SERVING 32 g
START TO FINISH 25 minutes

- 1 lemon
- 1/4 of a bunch fresh Italian parsley
- 8 oz. fresh or frozen peeled and deveined medium shrimp, thawed
- 1 medium mango, halved, seeded, peeled, and chopped
- 1/2 cup finely chopped celery
- 1/4 cup chopped green onions
- 1/4 cup plain fat-free Greek yogurt
- 1 1/2 tsp. Dijon-style mustard
- 1/8 tsp. salt
- 1/8 tsp. black pepper
- 4 reduced-calorie whole wheat hamburger buns, split and toasted
- Lettuce leaves (optional)

1. Bring a large pot of water to boiling. Squeeze 1 teaspoon juice from lemon; set aside. Squeeze the remaining juice into the boiling water; add lemon rinds. Remove leaves from parsley, reserving leaves and stems separately. Finely snip 2 tablespoons of the leaves. Using 100%-cotton string, tie parsley stems into a bundle and add to the boiling water. Add shrimp.

2. Boil 1 to 2 minutes or just until shrimp are opaque. Using a slotted spoon, immediately transfer shrimp to a bowl of ice water to stop cooking. Drain and coarsely chop shrimp.

3. In a large bowl combine the reserved 1 teaspoon lemon juice and 2 tablespoons snipped parsley, the shrimp, and the next seven ingredients (through pepper). Serve shrimp mixture in toasted buns, adding lettuce if desired.

PER SERVING: 215 cal., 3 g total fat (1 g sat. fat), 91 mg chol., 419 mg sodium, 32 g carb. (1 g fiber, 8 g sugars), 18 g pro.



Buy shrimp with firm meat, a fresh scent, and translucent shells without black spots. Keep chilled up to 2 days or frozen up to 6 months before cooking.

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MOVE



"Success is the sum of small efforts, repeated day in and day out."

—Robert Collier, author

photo: SHANNON GREER; beauty styling: ANANDA KHAN

YOUR FITNESS QUESTIONS ANSWERED!

Being active with diabetes doesn't have to be a chore. We've got you covered to make exercise safe and simplified.

BY Hope Warshaw, RD, CDE | PHOTOS BY Jason Donnelly



1 CAN EXERCISE MAKE GLUCOSE LEVELS FALL AS WELL AS RISE?

a Yes! If you have type 2 diabetes and don't take a glucose-lowering medication, then exercise will not cause glucose levels to fall too low. Exercise in most people with type 2 diabetes won't cause glucose levels to rise too high unless you've eaten a lot before exercising.

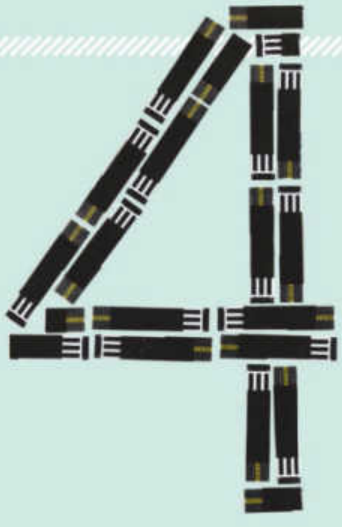
If you take insulin or another glucose-lowering medication that can cause hypoglycemia due to the way it works, then exercising without consuming carbs can cause hypoglycemia. Conversely, if people who take insulin vigorously exercise without taking enough rapid-acting insulin, their glucose levels can quickly rise.

2 Are the guidelines for exercise different for people with type 1 and type 2 diabetes?

a "The general recommendations for both types of diabetes are similar, but key differences impact the approach," says Gary Scheiner, M.S., CDE, an exercise physiologist, owner of the Integrated Diabetes Center near Philadelphia, and author of *Think Like a Pancreas* (Da Capo Lifelong Books, 2012). In people with type 2, exercise facilitates weight loss, especially keeping lost pounds off. It can also reduce heart disease risk factors, lower blood pressure, and improve HDL (good) cholesterol. In type 1 diabetes, the priority is to impart skills for people and their caregivers to manage glucose levels across the range of activities they do, from school sports to running marathons and more.

3 DO YOU HAVE TO CHANGE YOUR EXERCISE ROUTINE EVERY FEW MONTHS FOR IT TO BE EFFECTIVE?

a Yep! "Your body adapts to an exercise routine in about 12 weeks of doing it regularly," says Ryan Boisch, ACSM-CES, CDE, an exercise physiologist at Sanford Health in Fargo, North Dakota. If you usually walk and strength train with machines, try cycling and body weight exercises instead.



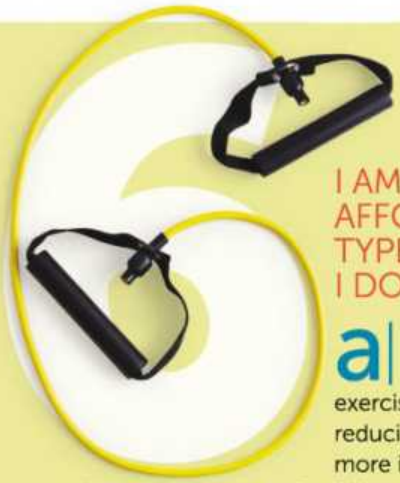
4 DOES THE TIME OF DAY I EXERCISE HAVE AN IMPACT ON MY BLOOD GLUCOSE CONTROL?

a Scheiner promotes exercising after meals for everyone to lower the rise of glucose after eating. Walk a block or two after lunch or go for that after-dinner stroll, but don't buy the notion that there's a perfect time of day to exercise. It's always beneficial! "Do it daily. Treat exercise like medicine with this prescription: Take a reasonable dose daily for long-term health and happiness," Scheiner says.

5

Do I need an exercise stress test before I begin to exercise?

a A stress test may be necessary if you've been inactive, are short of breath, are increasing exercise intensity or duration, or have or are at risk for heart problems. "Speak with your health care provider to know for sure," says Karen Kemmis, D.P.T., CDE, a physical therapist at the Joslin Diabetes Center in Boston.



6

I AM OLDER AND CAN'T AFFORD A GYM. WHAT TYPES OF EXERCISE CAN I DO ON MY OWN?

a Research shows including adequate amounts of aerobic exercise and resistance training and reducing sedentary behavior are even more important as we age to keep muscles strong, increase flexibility, and optimize bone density. "Your home is your gym; your neighborhood is your track," says Richard Peng, M.S., ACSM-RCEP, CDE, an exercise physiologist for DaVita HealthCare Partners Medical Group in Los Angeles. No need for fancy gyms or equipment.

"Purchase rubber resistance bands. They're inexpensive and versatile," says Joy Keller, certified personal trainer in San Diego and executive editor of *IDEA Fitness Journal*. Or open your refrigerator or cabinets to find gallons of milk or cans of beans or soup. They double as tools for a successful resistance training program. Check out the countless free fitness videos on YouTube. "Do make sure the person offering the workout is certified," Keller says.

7

HOW CAN I TELL IF EXERCISE IS HELPING ME CONTROL MY GLUCOSE LEVELS OVER TIME?

a "The main way to tell is with the results of your A1C test," says Sheri Colberg, Ph.D., professor of exercise science at Old Dominion University in Norfolk, Virginia, and coauthor of *The Diabetes Breakthrough* (Harlequin, 2014). A1C provides the average of all the ups and downs of your glucose levels over the last two to three months. If you check your glucose at various times of the day—fasting and before and after meals—you'll be able to observe the effects of regular exercise over a few weeks.

8

CAN EXERCISE ALONE HELP ME LOSE WEIGHT?

a Research continues to show that eating fewer calories than you need wins first place for weight loss or slowing weight gain. But regular exercise wins second place and offers a critical assist.

Research from the National Weight Control Registry shows people who successfully keep weight off do an average of 60–90 minutes of activity nearly every day. But think beyond burning calories. Exercise has other benefits: decreased insulin resistance, improved sleep, increased energy, prevention of chronic diseases like heart disease and some cancers, decreased joint pain, greater sense of well-being, and much more.

9 DO I ALWAYS NEED TO EAT OR SNACK BEFORE I EXERCISE OR ALWAYS BRING FOOD WITH ME WHEN I EXERCISE?

a "If your goal is weight loss and you don't take glucose-lowering medication that can cause hypoglycemia, it's generally unnecessary to eat or drink extra calories before you exercise," says Lisa Matthews, M.S., RD, a dietitian and certified fitness trainer at Williamson Medical Center in Franklin, Tennessee. If you need calories to raise glucose, portion out just what you need ahead of time.

If you take mealtime rapid-acting insulin shots, experiment with taking less insulin if you know you'll exercise within a few hours. If you use an insulin pump, try using the temporary basal feature to take less insulin during and several hours after you exercise. Taking an oral glucose-lowering medication? Tell your health care provider your glucose gets too low during exercise so he or she can make adjustments.

Want more fitness tips? Go to DiabeticLivingOnline.com/move-more for workouts and quick tricks to add exercise to your daily routine.



SNACKS & DRINKS: NECESSARY OR NOT?

FOR SHORT-DURATION AEROBIC ACTIVITY (UNDER ONE HOUR) "It's not necessary for people who don't take insulin or another glucose-lowering medication that can cause hypoglycemia to carry snacks. Water or another no-calorie drink will suffice," Boisch says. For people who could become hypoglycemic when they exercise, Boisch suggests easy-to-carry glucose tablets or gel, dried fruit, Skittles candies, gummy bears, or packets of honey or sugar.

FOR LONGER-DURATION AEROBIC ACTIVITY (OVER ONE HOUR) "Rely on water as your main source of fluids, but some people may also need a small amount of carb-containing fluid such as Gatorade or Powerade," Boisch says. "If you begin exercising at the low end of your target glucose range, or around 90 mg/dl, eat a healthy snack like dried fruits and nuts, a piece of fruit, half a peanut butter sandwich, or crackers and peanut butter," Peng says.

Recommendations for longer-duration activity vary and must factor in the type of activity, individual needs, exercise intensity, glucose-lowering medications and their timing, timing of exercise, and glucose levels at the start of and during exercise.

PARTNER POWER



A couple works together for motivation, inspiration, health, and happiness.

BY Gina Shaw | PHOTOS BY Shannon Greer
BEAUTY STYLING BY Ananda Khan

"My husband has helped tremendously with lowering my A1C. I would not be as healthy as I am if he didn't give me **that extra push and support.**"



When Blenae Abebe and her husband, Giovanni Pagan, married in 2007, she was an old pro at managing her diabetes. Then 29, she's been living with type 1 since age 8. Still, she was amazed at how much easier it was to make healthy lifestyle choices as part of a team.

"Shortly after we married, we joined a gym together and started seeing the same nutritionist, who also has type 1 diabetes," says Blenae, who works in the cardiology division at Columbia University Medical Center in New York City. "I used to have problems going to the gym because my blood sugars would spike, but seeing a nutritionist who's also diabetic helped me figure so many things out. It's really changed my life."

Today, Blenae and Giovanni grocery shop, cook, and work out together almost daily. "We always stop in the middle of a workout and check my blood sugar," Blenae says. "It's so much easier to eat healthy, exercise, and manage your blood sugar when you have a supportive partner."

Research shows the power of two isn't all talk. At an American Heart Association meeting last March, researchers from Johns Hopkins University presented a study showing that about 70 percent of men and 40 percent of women adopted exercise guidelines if their partner was already committed to exercising, too.

Even more, a study published by British researchers in *JAMA Internal Medicine* in January found that having a partner who became more physically active made people five times more likely to exercise. One partner losing weight improved the other's chances of slimming down threefold.

That's not surprising, says William Polonsky, Ph.D., CDE, cofounder and president of the Behavioral Diabetes Institute in San Diego.

"There's always been good evidence for the power of modeling," Polonsky says. "We're influenced by the choices others make. You do better when you're making positive changes together."

Adopting a healthy lifestyle together can help partners decrease the "diabetes burden," says Kara Harrington, Ph.D., a psychologist at the Joslin Diabetes Center in Boston. "If one partner is willing to make lifestyle changes, it can really influence the other."

And there's a difference between partnering and nagging, which Blenae and Giovanni figured out.

"If I had a bagel and put some jelly on it, he used to give me a little side eye, like: *Are you sure you want to do that?* I know he cares and doesn't want me to slip, and now if I indulge, he'll just say: 'OK, just make sure you adjust your basal insulin in the pump,' instead of something critical."

We're all creatures of habit—but being in a supportive partnership can turn habits into assets. "Most people are not necessarily adventurous about trying new things," Polonsky says. "Getting more active or choosing to eat differently can be profoundly difficult. It's easier when other people are joining you in making those changes."

Blenae agrees. "When you're alone, it's easier to slip and not give a hoot. I know I could do it on my own, but it's just much easier with him around."



See how we calculate nutrition information to help you count calories, carbs, and serving sizes.

High-Standards Testing

This seal assures you every recipe in this issue of *Better Homes and Gardens® Diabetic Living®* magazine has been tested in the Better Homes and Gardens® Test Kitchen. This means each recipe is practical, reliable, and meets our high standards of taste appeal.

Inside Our Recipes

Precise serving sizes (listed below each recipe title) help you to manage portions. Test Kitchen tips and sugar substitutes are listed after recipe directions. Kitchen basics such as ice, salt, black pepper, and nonstick cooking spray often are not listed in the ingredients list; they are italicized in the directions.

Ingredients

- Tub-style vegetable oil spread refers to 60% to 70% vegetable oil product.
- Lean ground beef refers to 95% or leaner.

Nutrition Information

Nutrition facts per serving are noted with each recipe. Ingredients listed as optional are not included in the nutrition analysis. When ingredient choices appear, we use the first one to calculate the nutrition analysis.

Key to Abbreviations

cal. = calories
sat. fat = saturated fat
chol. = cholesterol
carb. = carbohydrate
pro. = protein

MAKE-AHEAD HOLIDAYS

Continued from page 61

Mushroom and Thyme Roasted Beef Tenderloin

SERVINGS 8 (4 ounces cooked meat + 1 cup vegetables each)
CARB. PER SERVING 18 g
PREP 25 minutes
STAND 35 minutes
MARINATE 8 hours
ROAST 1 hour 15 minutes

- 1 cup mushroom broth
- 1 0.75-oz. pkg. dried porcini mushrooms
- 1/4 cup dry red wine
- 2 Tbsp. snipped fresh thyme
- 1 1/2 tsp. salt
- 1 tsp. Dijon-style mustard
- 3/4 tsp. black pepper
- 1 2 1/2- to 3-lb. beef tenderloin roast
- 1 1/2 lb. carrots, halved lengthwise and, if desired, cut into 3-inch lengths
- 1 lb. cipollini onions, peeled*
- 1 lb. fresh button mushrooms, quartered
- 2 Tbsp. olive oil

1. For marinade, in a small saucepan bring mushroom broth to boiling; remove from heat. Stir in dried mushrooms. Cover and let stand 20 minutes. Stir in wine, 1 tablespoon of the thyme, 1/2 teaspoon of the salt, the mustard, and 1/4 teaspoon of the pepper; cool.

2. Place meat in a resealable plastic bag set in a shallow dish. Pour marinade over meat. Seal bag; turn to coat meat. Marinate in the refrigerator 8 to 24 hours, turning bag occasionally.

3. In an extra-large bowl combine carrots, onions, button mushrooms, oil, and the remaining 1 tablespoon thyme. Cover and chill up to 24 hours.

4. To serve, preheat oven to 425°F. Line an extra-large shallow roasting pan with foil; place a rack on top of foil. Drain meat, discarding marinade. Place meat on rack in pan. Arrange vegetables around meat. Sprinkle meat and vegetables with the remaining 1 teaspoon salt and 1/2 teaspoon pepper.

5. Insert an oven-going meat thermometer into center of meat. Roast 1 1/4 hours or until thermometer registers 135°F for medium rare.

6. Transfer meat to a cutting board, reserving pan juices. Cover meat with foil; let stand 15 minutes before slicing (temperature of the meat will rise during standing). Serve with roasted vegetables and reserved juices.

***TEST KITCHEN TIP:** To peel the onions easily, cut an X in the root end of each bulb. Place the onions in boiling water for 15 seconds, then transfer to cold water. Remove the peels.

PER SERVING: 311 cal., 12 g total fat (3 g sat. fat), 86 mg chol., 469 mg sodium, 18 g carb. (3 g fiber, 7 g sugars), 35 g pro.

Roasted Salmon with White Bean Ragout

SERVINGS 8 (1 salmon fillet + 2/3 cup bean mixture each)
CARB. PER SERVING 18 g
PREP 30 minutes **BROIL** 4 minutes per 1/2-inch thickness of fish

- 2 Tbsp. olive oil
- 3/4 cup chopped onion

- ¾ cup chopped red sweet pepper
- 3 Tbsp. tomato paste
- 1 tsp. salt
- ¾ tsp. black pepper
- 2 cups coarsely chopped Swiss chard
- 2 15-oz. cans no-salt-added cannellini beans (white kidney beans), rinsed and drained
- ½ cup reduced-sodium chicken broth or vegetable broth
- Nonstick cooking spray
- 8 4-oz. fresh or frozen skinless salmon fillets, thawed
- 2 cups halved cherry tomatoes
- 8 tsp. grated Pecorino Romano cheese

1. In an extra-large nonstick skillet heat 1 tablespoon of the oil over medium heat. Add onion and sweet pepper; cook 5 minutes or until tender, stirring occasionally. Stir in tomato paste, ½ teaspoon of the salt, and ¼ teaspoon of the black pepper; cook and stir 2 minutes. Stir in Swiss chard. Cook and stir 1 minute or until chard is wilted. Stir in beans and broth; cool. Cover and chill up to 3 days.
2. To serve, preheat broiler. Line a baking sheet with foil and coat with cooking spray.
3. Rinse fish; pat dry. Measure thickness of fish. Place on prepared baking sheet. Brush with the remaining 1 tablespoon oil and sprinkle with the remaining ½ teaspoon salt and ½ teaspoon black pepper. Broil 4 inches from the heat 4 to 6 minutes per ½-inch thickness or until fish flakes easily (if fish is 1 inch or more thick, turn once).
4. Meanwhile, in a large nonstick skillet cook bean mixture over medium heat 5 minutes or until heated through, stirring occasionally. If needed, thin with up to ½ cup water to desired consistency. Stir in tomatoes.
5. Arrange fish on top of bean mixture. Sprinkle with cheese and additional black pepper.

PER SERVING: 299 cal., 12 g total fat (2 g sat. fat), 64 mg chol., 501 mg sodium, 18 g carb. (5 g fiber, 3 g sugars), 29 g pro.

Cherry-Chicken Salad Bites

SERVINGS 16 (1 puff each)
CARB. PER SERVING 5 g
PREP 30 minutes
BAKE 28 minutes

- ½ cup water
- 6 Tbsp. light butter with canola oil
- ⅛ tsp. salt
- ½ cup all-purpose flour
- ¼ cup white whole wheat flour
- 2 eggs, lightly beaten
- 3 Tbsp. finely chopped fennel (reserve leaves)
- ½ cup finely chopped cooked chicken breast
- 3 Tbsp. snipped dried cherries and/or dried apricots
- 2 Tbsp. plain fat-free Greek yogurt
- 2 Tbsp. chopped toasted pecans
- 1 Tbsp. buttermilk
- Salt and black pepper

1. Preheat oven to 425°F. Line a large baking sheet with parchment paper. In a small saucepan combine the water, butter, and ⅛ teaspoon salt. Bring to boiling. Add both flours all at once; stir vigorously. Cook and stir until mixture forms a ball that doesn't separate. Remove from heat; cool 5 minutes.
2. Transfer mixture to a large bowl. Add eggs, one at a time, beating with a mixer after each addition until smooth. Pipe dough in 16 mounds 2 inches apart onto prepared baking sheet.
3. Bake 10 minutes. Reduce oven temperature to 350°F. Bake 18 to 20 minutes more or until golden and firm. Poke each puff with a



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toothpick to allow steam to escape. Cool completely. Place in an airtight container and freeze up to 1 month.
4. For filling, snip 2 teaspoons of the fennel leaves. In a medium bowl combine snipped fennel leaves, chopped fennel, and the remaining ingredients. Cover and chill up to 3 days.
5. To serve, cut tops from puffs. Spoon about 1 tablespoon filling onto the bottom of each puff. Replace tops.

PER SERVING: 66 cal., 3 g total fat (1 g sat. fat), 29 mg chol., 94 mg sodium, 5 g carb. (0 g fiber, 1 g sugars), 3 g pro.

EASE UNDER PRESSURE

Continued from page 73

Ratatouille

SERVINGS 8 (1 cup each)
CARB. PER SERVING 11 g
PREP 45 minutes **COOK** 6 minutes
STAND 6 minutes

- 2 Tbsp. olive oil
- 1 large onion, quartered and thinly sliced
- 12 cloves garlic, minced (2 Tbsp.)
- 2 Tbsp. tomato paste
- 1 medium eggplant (1 lb.), cut into 1-inch pieces
- 2 large zucchini and/or yellow summer squash, coarsely chopped
- 2 medium green and/or red sweet peppers, cut into ½-inch pieces
- 1 cup coarsely chopped tomatoes
- 2 tsp. dried Italian seasoning, crushed
- ½ tsp. black pepper
- ¼ tsp. salt
- ½ cup vegetable broth
- ¼ cup shaved or shredded Parmesan cheese (2 oz.) (optional)

1. In the cooking pot of an electric pressure cooker heat oil on high or "brown." Add onion and garlic; cook 2 minutes or until onion begins to soften. Stir in tomato paste. Add the next seven ingredients (through salt). Pour broth over mixture in cooker.
2. Cover with lid and lock securely. Cook on low 6 minutes. Allow pressure to release naturally for 6 minutes before quick-releasing the remaining pressure.* Unlock and remove lid. If desired, sprinkle servings with cheese.
STOVE-TOP PRESSURE COOKER DIRECTIONS: Using a 4- to 6-quart stove-top pressure cooker, prepare as directed in Step 1, cooking the onion and garlic over medium-high heat. Cover with lid and lock securely. Over high heat, bring cooker up to 5 to 7 pounds pressure. Reduce heat just enough to maintain steady pressure. Cook 6 minutes. Remove from heat. Allow pressure to release naturally for 6 minutes before quick-releasing the remaining pressure.* Unlock and remove lid. Serve as directed.
***TEST KITCHEN TIP:** For crisper vegetables, quick-release the pressure immediately after cooking without allowing the pressure to release naturally.

PER SERVING: 81 cal., 4 g total fat (1 g sat. fat), 0 mg chol., 162 mg sodium, 11 g carb. (4 g fiber, 6 g sugars), 2 g pro.

Lemon and Dill Fish Packets

SERVINGS 2 (1 fish fillet each)
CARB. PER SERVING 3 g
PREP 15 minutes **COOK** 5 minutes
STAND 5 minutes

- 2 5- to 6-oz. fresh or frozen tilapia or cod fillets, thawed
- ¼ tsp. salt
- ¼ tsp. garlic powder
- ¼ tsp. black pepper
- 2 sprigs fresh dill
- 4 slices lemon
- 2 tsp. butter
- 1 cup water

1. Rinse fish; pat dry. Place each fillet in the center of a 14-inch square of parchment paper. Sprinkle fish with the next three ingredients (through pepper); add dill. Top with lemon and butter.
2. Bring up two opposite edges of papers; seal with a double fold. Fold remaining ends to enclose fish, leaving space for steam to build.
3. Place a small metal rack or trivet in bottom of cooker; add the water. Place fish packets on rack.
4. Cover with lid and lock securely. Cook on high 5 minutes. Quick-release the pressure. Let stand 5 minutes before serving.
STOVE-TOP PRESSURE COOKER DIRECTIONS: Using a 4- to 6-quart stove-top pressure cooker, prepare as directed through Step 3. Cover with lid and lock securely. Over high heat, bring cooker up to 12 to 15 pounds pressure. Reduce heat just enough to maintain steady pressure. Cook 5 minutes. Remove from heat. Quick-release the pressure. Unlock and remove lid. Let stand 5 minutes before serving.

PER SERVING: 162 cal., 6 g total fat (3 g sat. fat), 10 mg chol., 396 mg sodium, 3 g carb. (1 g fiber, 1 g sugars), 26 g pro.

White Chicken Chili

SERVINGS 6 (1 2/3 cups each)
CARB. PER SERVING 35 g
PREP 50 minutes
COOK 20 minutes
STAND 10 minutes

- 1 cup dried navy beans
- 1 Tbsp. vegetable oil
- 1 lb. skinless, boneless chicken breast halves, cut into 1-inch pieces
- 1 cup chopped onion
- 4 cups reduced-sodium chicken stock or broth

- 1½ cups frozen whole kernel corn
- 1 cup water
- ¾ cup chopped green sweet pepper
- 3 Tbsp. snipped fresh cilantro
- 2 Tbsp. lime juice
- 6 cloves garlic, minced
- 2 tsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. dried oregano, crushed
- ¼ tsp. salt
- ¼ tsp. black pepper
- Sour cream (optional)

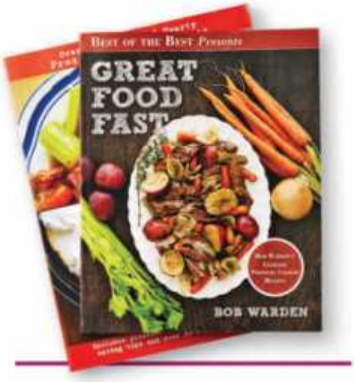
1. Rinse beans; drain. In a medium bowl soak beans in enough water to cover for 45 minutes. Drain and rinse beans.

2. Meanwhile, in the cooking pot of an electric pressure cooker heat oil on high or "brown." Add chicken and onion; cook 5 to 7 minutes or until chicken is lightly browned, stirring occasionally. Add the next 12 ingredients (through black pepper). Stir in beans.

3. Cover with lid and lock securely. Cook on high 20 minutes. Allow pressure to release naturally for 10 minutes before quick-releasing the remaining pressure. Unlock and remove lid. If desired, serve with sour cream.

STOVE-TOP PRESSURE COOKER DIRECTIONS: Using a 4- to 6-quart stove-top pressure cooker, prepare as directed through Step 2, cooking the chicken and onion over medium-high heat. Cover with lid and lock securely. Over high heat, bring cooker up to 12 to 15 pounds pressure. Reduce heat just enough to maintain steady pressure. Cook 20 minutes. Remove from heat. Allow pressure to release naturally for 10 minutes before quick-releasing the remaining pressure. Unlock and remove lid.

PER SERVING: 293 cal., 5 g total fat (1 g sat. fat), 55 mg chol., 532 mg sodium, 35 g carb. (7 g fiber, 4 g sugars), 29 g pro.



MORE PRESSURE COOKER
These recipes come from chef Bob Warden's books *Great Food Fast* (Quail Ridge Press, 2012) and *Slow Food Fast* (Quail Ridge Press, 2014). **amazon.com**; $13 and $12

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References: 1 Lipid- and glucose- lowering efficacy of plantago psyllium in type 2 diabetes. Journal of Diabetes and Complications. 1998; (12): 273-278. 2 Effects of high performance inulin supplementation on glycemic control and antioxidant status in women with type 2 diabetes. Diabetes Metabolism Journal.013 Apr; 37(2): 140-48 †As part of a healthy diet.

WINTER SALADS FOR 2

Continued from page 83

Kale, Grapefruit, and Pomegranate Salad

SERVINGS 2 (2 cups each)
CARB. PER SERVING 25 g
PREP 30 minutes
STAND 5 minutes

- 1 red grapefruit or blood orange
- 1 8-oz. skinless, boneless chicken breast half, halved horizontally
- 1 Tbsp. olive oil
- 2 tsp. honey
- 1/2 tsp. black pepper
- 3 cups torn fresh kale
- 1/4 tsp. salt
- Nonstick cooking spray
- 1/4 cup pomegranate seeds
- 1/4 cup halved and very thinly sliced red onion

1. Remove zest from grapefruit. Peel and section grapefruit; squeeze remaining juice from membranes.
2. Place chicken in a resealable plastic bag set in a shallow dish. For marinade, combine 2 teaspoons of the grapefruit zest, 2 teaspoons of the grapefruit juice, and 1 teaspoon of the oil. Pour marinade over chicken. Seal bag; turn to coat chicken. Marinate in the refrigerator until needed.
3. For dressing, whisk together honey, pepper, and the remaining grapefruit juice; set aside.
4. In a large bowl combine kale, salt, and the remaining 2 teaspoons oil. Using your hands, massage oil mixture into kale for 1 to 2 minutes or until kale begins to soften.
5. Drain chicken, discarding marinade. Coat a large nonstick skillet or grill pan with cooking spray; heat over medium-high heat. Add chicken; cook 6 to 8 minutes or until done (165°F), turning once. Remove from heat and let stand 5 minutes. Thinly slice chicken.
6. To serve, add grapefruit sections, chicken, dressing, pomegranate seeds, and onion to kale; toss gently to combine.

PER SERVING: 312 cal., 11 g total fat (2 g sat. fat), 83 mg chol., 382 mg sodium, 25 g carb. (4 g fiber, 14 g sugars), 31 g pro.

FOUR HEALTHY HABITS

Continued from page 87

Pumpkin-Apple Smoothie

SERVINGS 4 (1 cup each)
CARB. PER SERVING 25 g
START TO FINISH 10 minutes

- 1 1/2 cups unsweetened vanilla almond milk
- 1 1/3 cups chopped apples (2 medium)
- 1/2 of a 15-oz. can pumpkin
- 3/4 cup plain fat-free Greek yogurt
- 1/2 cup ice
- 2 Tbsp. maple syrup
- 1/4 tsp. pumpkin pie spice
- 1/8 tsp. salt
- 1/4 cup high-protein honey-almond-flavor granola, such as Bear Naked brand

1. In a blender combine the first eight ingredients (through salt). Cover and blend until smooth. Top each serving with 1 tablespoon of the granola.

PER SERVING: 151 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 173 mg sodium, 25 g carb. (4 g fiber, 17 g sugars), 8 g pro.

Orange Chicken and Barley

SERVINGS 4 (1 1/2 cups each)
CARB. PER SERVING 38 g
START TO FINISH 45 minutes

- 3 Cara Cara or navel oranges
- 1 1/2 cups reduced-sodium chicken broth
- 3/4 cup quick-cooking barley
- 2 cups fresh snow pea pods, trimmed and thinly bias-sliced
- 2 Tbsp. canola oil
- 1 Tbsp. snipped fresh mint
- 2 tsp. Dijon-style mustard
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1 lb. skinless, boneless chicken breast halves, cut into bite-size strips
- Nonstick cooking spray
- 2 cups sliced fresh mushrooms

1. Remove 1 teaspoon zest from an orange. Peel and section oranges over a bowl to catch juices; reserve 2 tablespoons juice.
2. In a large saucepan bring broth to boiling; stir in barley. Simmer, covered, 10 to 12 minutes or until tender. Remove from heat. Stir in pea pods. Let stand, covered, 5 minutes; drain if necessary. Stir in the next three ingredients (through mustard), 1/4 teaspoon of the salt, and 1/8 teaspoon of the pepper. Stir in orange sections and the reserved orange juice.
3. Sprinkle chicken with the remaining 1/4 teaspoon salt and 1/8 teaspoon pepper. Coat a large nonstick skillet with cooking spray; heat over medium heat. Add chicken; cook and stir until no longer pink. Remove from skillet. Add mushrooms to skillet; cook 5 minutes or until tender and beginning to brown, stirring occasionally.
4. To serve, stir chicken and mushrooms into barley mixture. Sprinkle with orange zest.

PER SERVING: 369 cal., 11 g total fat (1 g sat. fat), 83 mg chol., 611 mg sodium, 38 g carb. (7 g fiber, 12 g sugars), 33 g pro.

COZY SPICED DESSERTS

Continued from page 95

Cinnamon-Banana Cake with Chocolate Ganache

SERVINGS 16 (1 slice each)
CARB. PER SERVING 34 g or 27 g
PREP 15 minutes **BAKE** 45 minutes
COOL 10 minutes

- 2 cups all-purpose flour
- ½ cup whole wheat pastry flour
- ½ cup granulated sugar*
- ½ cup packed brown sugar*
- 1¼ tsp. baking powder
- 1 tsp. ground cinnamon
- ½ tsp. baking soda
- ½ tsp. salt
- ¾ cup fat-free milk
- ⅔ cup mashed bananas (2 medium)
- ½ cup refrigerated or frozen egg product, thawed, or 2 eggs, lightly beaten
- ¼ cup canola oil
- 1 tsp. vanilla
- 3 oz. dark chocolate, chopped
- ¼ cup fat-free half-and-half

1. Preheat oven to 325°F. Generously grease and flour a 10-inch fluted tube pan. In a large bowl stir together the first eight ingredients (through salt).

2. In a medium bowl combine the next five ingredients (through vanilla). Add egg mixture all at once to flour mixture. Beat with a mixer on medium to high for 2 minutes. Spread batter in prepared pan.

3. Bake 45 to 55 minutes or until a toothpick comes out clean. Cool in pan for 10 minutes. Remove; cool on a wire rack.

4. For ganache, in a small bowl microwave chocolate and half-and-half on 50% power (medium) for 1 minute. Let stand 5 minutes. Stir until smooth. Let stand until slightly thickened. Spoon over cake.

***SUGAR SUBSTITUTES:** Choose Splenda Sugar Blend to substitute for the granulated sugar and Splenda Brown Sugar Blend to substitute for the brown sugar. Follow package directions to use product amounts equivalent to ½ cup each granulated sugar and brown sugar.

PER SERVING: 197 cal., 5 g total fat (1 g sat. fat), 1 mg chol., 177 mg sodium, 34 g carb. (2 g fiber, 17 g sugars), 4 g pro.

PER SERVING WITH SUBSTITUTE: Same as above, except 177 cal., 27 g carb, (10 g sugars).

Gingerbread Cupcakes with Marshmallow Frosting

SERVINGS 15 (1 cupcake each)
CARB. PER SERVING 26 g or 24 g
PREP 15 minutes
BAKE 15 minutes **COOL** 5 minutes

- Nonstick spray for baking
- ¼ cup butter, softened
- 2 Tbsp. light stick butter (not margarine), softened
- ¼ cup sugar*
- 2 tsp. pumpkin pie spice
- 1½ tsp. baking powder
- ¼ tsp. baking soda
- ½ cup refrigerated or frozen egg product, thawed, or 2 eggs, lightly beaten
- 1 cup water
- ½ cup mild-flavor molasses
- 1¾ cups all-purpose flour
- 3 oz. reduced-fat cream cheese (Neufchâtel), softened
- 2 Tbsp. butter, softened
- ½ cup marshmallow creme

1. Preheat oven to 350°F. Line fifteen 2½-inch muffin cups with paper bake cups; lightly coat bake cups with nonstick spray.

2. In a large bowl beat the ¼ cup butter and the light butter with a mixer on medium for 30 seconds. Add the next four ingredients (through baking soda). Beat until combined, scraping bowl occasionally. Beat in egg.

3. In a medium bowl combine the

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f.	Total Distribution (Sum of 15c and e): 518,374
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h.	Total (Sum of 15f and g): 732,589
i.	Percent Paid and/or Requested Circulation (15c divided by 15f times 100): 86.26%

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water and molasses. Add flour and molasses mixture alternately to butter mixture, beating on low after each addition just until combined. Spoon batter into prepared muffin cups, filling about two-thirds full.

4. Bake 15 to 20 minutes or until a toothpick comes out clean. Cool in muffin cups for 5 minutes. Remove; cool on a wire rack.

5. For frosting, in a medium bowl beat cream cheese and the 2 tablespoons butter until smooth. Stir in marshmallow creme. Spread on top of cupcakes. Sprinkle with additional pumpkin pie spice.

***SUGAR SUBSTITUTE:** Choose Splenda Sugar Blend. Follow package directions to use product amount equivalent to 1/4 cup sugar.

PER SERVING: 174 cal., 7 g total fat (4 g sat. fat), 18 mg chol., 150 mg sodium, 26 g carb. (1 g fiber, 12 g sugars), 3 g pro.

PER SERVING WITH SUBSTITUTE: Same as above, except 169 cal., 24 g carb, (10 g sugars).

Ginger-Orange Chocolate Tart

SERVINGS 12 (1 slice each)
CARB. PER SERVING 27 g or 23 g
PREP 30 minutes
BAKE 10 minutes **CHILL** overnight

- 1 1/4 cups finely crushed reduced-fat graham cracker squares (about 18)
- 3 Tbsp. sugar*
- 1/2 tsp. ground ginger
- 3 Tbsp. butter, melted
- 1 egg white
- 6 Tbsp. sugar*
- 1/4 cup unsweetened cocoa powder
- 1/8 tsp. salt
- 3/4 cup fat-free half-and-half
- 4 egg yolks, lightly beaten
- 1 Tbsp. butter
- 1/2 tsp. vanilla
- 4 medium Cara Cara, navel, and/or blood oranges, peeled and sliced
- 6 fresh kumquats, thinly sliced (optional)
- 2 Tbsp. sugar-free orange marmalade, melted
- 1 oz. dark chocolate curls

1. Preheat oven to 350°F. For crust, in a medium bowl combine the first three ingredients (through ginger). Combine melted butter and egg white; stir into crumb mixture. Press onto bottom and sides of an 8-inch tart pan with a removable bottom. Bake 10 minutes; cool on wire rack.

2. For filling, in a small heavy saucepan combine the next three ingredients (through salt). Stir in half-and-half. Bring just to simmering over medium heat, stirring constantly. Gradually stir about 1/2 cup of the hot mixture into egg yolks. Return yolk mixture to remaining hot mixture in saucepan. Bring to a gentle boil, stirring constantly. Remove from heat. Stir in the 1 tablespoon butter and the vanilla. Pour filling into crust-lined pan. Cover surface with plastic wrap and chill overnight.

3. Before serving, arrange orange slices and, if desired, kumquat slices on tart and brush with melted marmalade. Top with chocolate curls. Remove sides from pan.

***SUGAR SUBSTITUTE:** Choose Splenda Sugar Blend. Follow package directions to use product amounts equivalent to 3 tablespoons and 6 tablespoons sugar.

PER SERVING: 182 cal., 8 g total fat (4 g sat. fat), 72 mg chol., 131 mg sodium, 27 g carb. (2 g fiber, 19 g sugars), 3 g pro.

PER SERVING WITH SUBSTITUTE: Same as above, except 168 cal., 23 g carb, (14 g sugars).

Almond Cannoli with Spiced Ricotta Cream Filling

SERVINGS 12 (1 filled cannoli each)
CARB. PER SERVING 15 g
PREP 45 minutes
BAKE 5 minutes per batch

- 2 egg whites
- 1/3 cup sugar*
- 3 Tbsp. all-purpose flour
- 3 Tbsp. ground almonds
- 1/8 tsp. salt
- 2 Tbsp. olive oil or almond oil
- 1/2 tsp. vanilla
- 8 oz. fat-free cream cheese, softened
- 4 oz. reduced-fat cream cheese (Neufchâtel), softened
- 3 Tbsp. honey
- 1/2 tsp. apple pie spice
- 1 1/4 cups light or part-skim ricotta cheese
- 2 Tbsp. chopped almonds, toasted

1. Preheat oven to 375°F. Line a large baking sheet with parchment paper. In a medium bowl beat egg whites with a mixer on medium to high about 20 seconds or until foamy. Add sugar; beat 1 minute. Sprinkle with the next three ingredients (through salt); fold in gently. Drizzle with oil and vanilla; fold in gently.

2. Drop batter in 1 1/2-tablespoon portions about 6 inches apart onto prepared baking sheet; spread to 4-inch circles. Bake 5 to 7 minutes or until bottoms are light brown.

3. Immediately loosen cannoli from baking sheet. Turn over and wrap around metal cannoli cones or the straight metal handle of a whisk or honing steel; cool slightly. (If cannoli become too stiff to roll, return briefly to oven to soften.) While still warm, remove from cones and cool, seam sides down, on a wire rack.

4. For filling, in another medium bowl beat cream cheese on medium until smooth. Beat in honey and apple pie spice. Gently fold in ricotta. Cover and chill until needed.

5. To serve, pipe or spoon filling into cannoli shells. Sprinkle ends with chopped almonds. Serve immediately.

NOTE: If you prefer, substitute 12 full-size or 24 miniature

Continued on page 118

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Continued from page 116

purchased cannoli shells for homemade shells. Prepare filling and fill as directed.

***SUGAR SUBSTITUTE:** We do not recommend using a sugar substitute for this recipe.

TO MAKE AHEAD: Prepare cannoli shells and filling as directed. Place shells in an airtight container and store at room temperature up to 3 days. Place filling in an airtight container and chill up to 3 days. To serve, let filling stand at room temperature for 30 minutes to soften slightly. Fill shells as directed.

PER SERVING: 150 cal., 7 g total fat (2 g sat. fat), 16 mg chol., 209 mg sodium, 15 g carb. (0 g fiber, 12 g sugars), 7 g pro.

Maple-Date Cookies with Cinnamon-Espresso Frosting

SERVINGS 28 (1 cookie each)
CARB. PER SERVING 23 g or 21 g
PREP 30 minutes
BAKE 8 minutes per batch

- ½ cup butter, softened
- ½ cup packed brown sugar*
- ½ tsp. baking soda
- Dash salt
- ⅓ cup pure maple syrup
- 2 Tbsp. refrigerated or frozen egg product, thawed
- ½ tsp. vanilla
- 1⅔ cups all-purpose flour
- ⅓ cup whole wheat pastry flour
- ⅓ cup finely snipped pitted whole dates
- 1 recipe Cinnamon-Espresso Frosting

1. Preheat oven to 350°F. Lightly grease a cookie sheet. In a medium bowl beat butter with a mixer on medium for 30 seconds. Add the next three ingredients (through salt). Beat until combined, scraping bowl as needed. Beat in the next three ingredients (through vanilla). Beat in both flours. Stir in dates.

2. Drop dough by teaspoons 2 inches apart onto prepared cookie sheet; flatten slightly. Bake 8 to 10 minutes or until edges are light brown. Remove; cool on a wire rack.

3. Spread cookies with Cinnamon-Espresso Frosting. If desired, sprinkle with additional cinnamon and/or coffee powder.

CINNAMON-ESPRESSO FROSTING: In a medium bowl stir together 2 teaspoons hot water and 1 teaspoon instant espresso coffee powder until powder is dissolved. Add ¼ cup butter, cut up and softened; 1 cup powdered sugar;* and ¼ teaspoon ground cinnamon. Beat with a mixer until smooth. Beat in 1 cup additional powdered sugar.* Beat in additional water, ½ teaspoon at a time, to reach spreading consistency.

***SUGAR SUBSTITUTE:** Choose Splenda Brown Sugar Blend to substitute for the brown sugar. Follow package directions to use product amount equivalent to ½ cup brown sugar. We do not recommend using a substitute for the powdered sugar.

PER SERVING: 141 cal., 5 g total fat (3 g sat. fat), 13 mg chol., 73 mg sodium, 23 g carb. (1 g fiber, 16 g sugars), 1 g pro.

PER SERVING WITH SUBSTITUTE: Same as above, except 135 cal., 21 g carb, (14 g sugars).

PROTEIN SPOTLIGHT: SHRIMP

Continued from page 100

Peppered Shrimp and Green Bean Salad

SERVINGS 4 (2 cups each)
CARB. PER SERVING 34 g
PREP 25 minutes
ROAST 25 minutes

- 12 oz. fingerling potatoes, halved lengthwise (quartered if large)
- 2 Tbsp. olive oil
- 1 lb. fresh green beans
- 1 lb. fresh or frozen peeled and deveined medium shrimp, thawed
- 1 tsp. olive oil
- ¼ cup thinly sliced shallots
- 4 cloves garlic, minced
- 2 Tbsp. sherry vinegar
- 2 Tbsp. honey
- 1 tsp. black pepper
- ½ tsp. salt
- 3 Tbsp. snipped fresh Italian parsley
- 2 Tbsp. pine nuts, toasted

1. Preheat oven to 400°F. Line a large shallow baking pan with nonstick foil. In a large bowl toss potatoes with 1 tablespoon of the oil. Spread potatoes in the prepared pan. Roast 10 minutes.

2. In the same large bowl toss green beans with the remaining 1 tablespoon oil. Add green beans to potatoes in pan. Roast 15 minutes more or until vegetables are tender.

3. Meanwhile, rinse shrimp; pat dry. In a large skillet heat the 1 teaspoon oil over medium heat. Add shallots and garlic; cook and stir 2 to 3 minutes or until shallots are tender. Add shrimp and the next four ingredients (through salt). Cook and stir 1 to 2 minutes more or until shrimp are opaque.

4. To serve, combine roasted vegetables and shrimp mixture. Sprinkle with parsley and pine nuts.

PER SERVING: 335 cal., 12 g total fat (2 g sat. fat), 183 mg chol., 450 mg sodium, 34 g carb. (6 g fiber, 14 g sugars), 27 g pro.

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***Gluten-free:** These recipes are designed to be prepared with gluten-free ingredients and may be suitable for people who live with celiac disease. Check the ingredients lists on foods you use in these recipes to ensure they do not contain gluten.



Here's a toast to end on, friends. Take extra care of yourself this holiday season. We'll see you next issue. To good health!

a sweet ending

BY Carla Christian, RD, LD
PHOTOS BY Jason Donnelly
FOOD STYLING BY Dianna Nolin

Raspberry-Pomegranate Mojito

In a large glass measuring cup combine 1 cup pomegranate seeds and ¼ cup fresh mint. Using the handle of a wooden spoon, gently bruise seeds and mint against glass. Stir in 1 cup black raspberry liqueur (such as Chambord). Strain into pitcher. Stir in 3 cups light white grape juice, ½ cup pomegranate seeds, and ½ cup fresh mint leaves. Top with 4 cups chilled club soda. Serve in 8 glasses over ice. ***Per glass: 116 cal., 19 g carb. (7 g sugars).***

Apple-Rosemary Champagne

Place 2 Tbsp. chopped fresh rosemary in a pitcher. Use the handle of a wooden spoon to bruise leaves against side of pitcher. Add 4 cups chilled light apple juice drink; cover and chill 15 to 30 minutes. Strain into 8 flutes. Use a 750-milliliter bottle of chilled champagne to top flutes. Garnish with 1 small thinly sliced apple. ***Per flute: 103 cal., 12 g carb. (8 g sugars).***

Chai-Peach Tea Cider

(nonalcoholic)

In a large saucepan combine 5 cups water, 3 cups peach nectar, 2 Tbsp. sugar, 6 thin slices fresh ginger, 6 whole cardamom pods, three 3-inch cinnamon sticks, 8 whole black peppercorns, 3 whole cloves, 1 whole star anise, and a pinch of ground nutmeg. Bring to boiling; remove from heat and add ¼ cup orange juice and 5 white or green tea bags. Let stand 3 minutes. Strain into 8 mugs; add cinnamon stick. ***Per mug: 63 cal., 15 g carb. (15 g sugars).***

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